

ASSESSING MENTAL HEALTH



Self-Reflection: Take time to reflect on your thoughts, emotions, and behaviors. Are you experiencing any persistent negative thoughts, excessive worry, or mood changes? Self-awareness is the first step

Check-In with Emotions: Pay attention to your emotional state. Are you frequently feeling overwhelmed, anxious, irritable, sad, or unmotivated? Note any significant changes in your emotional well-being

Physical Symptoms: Mental health issues can manifest as physical symptoms, such as changes in appetite, sleep disturbances, headaches, or muscle tension. Assess whether you're experiencing any unexplained physical change

Social Relationships: Consider the quality of your relationships. Are you withdrawing from friends and family, or experiencing conflicts more frequently? Healthy social connections are essential for mental health

Daily Functioning: Evaluate your ability to perform daily tasks and responsibilities. Are you struggling to concentrate, lacking motivation, or finding it difficult to complete routine activities?

Self-Care: Assess your self-care routines. Are you neglecting self-care practices like exercise, a balanced diet, relaxation, or hobbies that usually bring you joy?

Stress Levels: Gauge your stress levels. Are you feeling overwhelmed by stressors in your life, and are these stressors impacting your ability to function effectively?

Mood Tracking: Consider using mood-tracking apps or journals to monitor your emotions and behaviors over time. This can provide valuable insights into patterns and trends

Next steps?

Seeking Help: Determine whether you're open to seeking professional help or support. Sometimes, it's beneficial to consult with a mental health professional for a thorough assessment

Talk to Someone: Reach out to a trusted friend, family member, or mental health professional to discuss your feelings and concerns. They can offer valuable perspectives and support

For further support:

<https://www.mind.org.uk/information-support/helplines/>