



# My Whole Self MOT



There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

## How's my mental health today?



How do I feel today?  
Mentally?  
Physically?



## My Stress Container



How full is my container?  
Am I using helpful coping strategies?  
Are they working?

**Learn about your Stress Container here.**

## My mental health journey



Our mental health is part of the wider journey of our lives. **Learn more.**

## Looking after my wellbeing



How did I sleep last night?  
Am I eating a balanced diet and drinking enough water?

For tips on supporting your mental health, especially when working from home, look at our **guidance**.

## How's my thinking today?



How are my thoughts making me feel?  
Am I having unhelpful thoughts?

Create Your Mind Plan with **Every Mind Matters** to get tips to help deal with stress and anxiety and boost your mood.

## What can I do to look after my whole self?



Write down a few things that you can do to improve your wellbeing.

Check in next week to see how you are doing.

