

Self-assess

your mental wellbeing



It's worth contemplating our emotions and feelings not only in the context of depression or burnout but also in everyday life. Taking a moment of pause allows us to connect with ourselves, understand our needs, and better comprehend our emotional responses.

By listening to our bodies, we may discover that we need rest, are more stressed than we anticipated, or require support, which can be crucial for our overall mental well-being. To make this a bit easier, below we have included several questions that may assist you in reflecting on how you're feeling. Feel free to print this note and answer the following questions.

How have you been feeling in the last month?

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Have you noticed any changes in your mood or thinking lately?

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Have you noticed changes in your appetite or weight?

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Do you use regular strategies to maintain emotional balance, such as meditation, yoga or mindfulness?

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Do you maintain social contacts or do you avoid them and don't leave the house?

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How do you see your future? Is there anything optimistic about it?

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Do you often feel tired or lack energy, despite adequate sleep?

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Do you have difficulty concentrating or making decisions?

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Can you identify events or situations that could impact your current well-being?

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If, while writing your answers, you realized that you have a lot on your shoulders, you have doubts about your emotions and are afraid that you may be depressed or you simply feel that you need support, we recommend contacting a specialist who can thoroughly assess your situation and help you take appropriate action.

Where to get help for mental health:



#MENTAL HEALTH

