









HOW ARE YOU GOING?

				
How are you feeling?	Self-aware & calm	Easily irritated or upset	Can't shake the negative	Out of control
How's your stress?	Coping well	Worried or nervous	Very nervous, Panicky	Highly anxious, Panic attacks
How's your outlook?	Positive outlook	Feeling flat or weighed down	Feeling hopeless	Depressed or suicidal thoughts
How's your sleep?	Sleeping well	Trouble sleeping	Restless or disturbed sleep	Sleeping too much or too little
How's your energy?	Feeling energetic	Lacking energy	Tired & drained	Exhausted & unwell
How's your AOD use?	No change or concern	Increased use or binge use	Missing out on things that are important	Causing harm to self & others
How active are you?	Keeping active	Not doing as much as usual	Not enjoying activities	Avoiding activities
How social are you?	Feeling connected	Withdrawing from social activity	Feeling disconnected	Isolated & avoiding people

HOW IS WORK GOING?

				
How are you working?	Motivated & kicking goals	Putting things off, Forgetting	Unmotivated, Not working well	Disengaged & ineffective
How are you feeling about your work?	Feel like I'm making a difference	Questioning my impact	Questioning my occupation	Depleted, Burned out
How is work impacting you?	Able to switch off & relax easily	Having trouble switching off	Preoccupied by work	Neglecting self & others

WHAT CAN YOU DO?

				
Keep it up!	Tell your manager how you are feeling	Reach out to your manager for support	Getting help is important	
Download further wellbeing and self-care resources at nada.org.au/resources	Find ways to rest, relax & recharge	Talk to a suitably qualified professional	Mental Health Line 1800 011 511	
	Spend time with friends & family	Don't put it off, act now	Suicide Call Back Service 1300 659 467	
	Take a break if you need to	Contact EAP or see your GP for a referral	Lifeline 13 11 14	

Adapted from the 'How are you Going' poster, original design and development by the Centre for Rural and Remote Mental Health, University of Newcastle, with permission.