

The MindFit Self-Assessment Tool

This tool is designed to help you understand your current mental health status and, if necessary, connect you with mental health support services.

Being mentally fit allows us to realise our potential, cope with stress, work productively and contribute to our workplace and community.

Using this tool:

1. Select the relevant interactive boxes in each of the columns below. Or print this document and tick
2. The column with the most selections indicates where you are at with your mental health
3. Review the action and support options.

Action and support options

To discuss your self-assessment further contact EAPS 24/7 on 1300 687 327 and make an appointment. Take your self-assessment form with you for discussion.

Or take your self-assessment to your GP for discussion.

	Thriving	Surviving	Distressed/Stressed	Unwell
Signs	<input type="checkbox"/> Usual fluctuations in mood with frequent positive emotions <input type="checkbox"/> Able to achieve quality rest and sleep <input type="checkbox"/> Physically well and feeling full of energy <input type="checkbox"/> Engaged at home and work <input type="checkbox"/> Sense of achievement <input type="checkbox"/> Felt a sense of meaning and purpose in life <input type="checkbox"/> Socially active with high-quality connections with others	<input type="checkbox"/> Some nervousness, irritability, sadness <input type="checkbox"/> Procrastination <input type="checkbox"/> Forgetfulness <input type="checkbox"/> Difficulties achieving adequate rest or sleep <input type="checkbox"/> Muscle tension, headaches <input type="checkbox"/> Low energy and feeling tired <input type="checkbox"/> Decreased social activity	<input type="checkbox"/> Frequent anxiety, anger, sadness, hopelessness, or irritability <input type="checkbox"/> Feeling numb <input type="checkbox"/> Restless or disturbed sleep <input type="checkbox"/> Frequent aches and pains <input type="checkbox"/> Fatigue <input type="checkbox"/> Social avoidance or withdrawal <input type="checkbox"/> Negative outlook, thinking or attitude <input type="checkbox"/> Increased alcohol or other substance use <input type="checkbox"/> Significant loss or gain in appetite	<input type="checkbox"/> Intense and persistent emotions- anxiety, low mood or irritability <input type="checkbox"/> Difficulties falling or staying asleep <input type="checkbox"/> Sleeping too much or too little <input type="checkbox"/> Significant weight loss or gain <input type="checkbox"/> Exhaustion <input type="checkbox"/> Physical illness <input type="checkbox"/> Difficulties consistently attending work or performing duties <input type="checkbox"/> Isolation, avoiding social activities <input type="checkbox"/> Frequent alcohol or other substance use
Focus	To maintain and optimise your mental fitness	To strengthen your mental fitness and resilience	To mobilise support and develop a mental wellness action plan	To seek professional assistance and develop a support action plan
Actions	<ul style="list-style-type: none"> • Actively engage in coping strategies e.g. relaxation, mindfulness, breathing • Maintain and nurture relationships • Practice gratitude and self-compassion • Maintain a healthy lifestyle • Set SMART (Specific, Measurable, Achievable, Realistic, Timeframe) goals • Maintain an optimistic outlook 	<ul style="list-style-type: none"> • Explore opportunities to increase the use of coping strategies • Consider experimenting with new coping strategies • Practice challenging unhelpful thinking • Amplify healthy lifestyle habits including exercise • Increase the frequency of social activities and pleasant events. 	<ul style="list-style-type: none"> • Connect with EAPS (Employee Assistance and Psychological Services) or your GP (General Practitioner) • Where necessary consult your GP for improved sleep hygiene techniques and/or to discuss alcohol or substance use • Proactively schedule social activities and pleasant events 	<ul style="list-style-type: none"> • Establish a strong network of support including a mental health professional (For example; EAPS or your GP) • Refer to “Support available in the Community” and tap into any appropriate referral options for you