

**KNOX**  
your city



How are you,  
really?

Life can sometimes get pretty hectic, so we need to make the time to check-in with ourselves regularly. Use this card to check in with yourself and remember...  
**it's okay to not be okay.**

<b>Stress</b> - nervousness, worry, anxiety	Coping well	Worried and anxious at times	Often overwhelmed	Not coping, highly anxious and worried
<b>Mood</b>	Positive outlook on daily life	Feeling less positive than usual some of the time	Feeling low or down often	Depressed and/or suicidal thoughts
<b>Day-to-day tasks</b>	Keeping up with day-to-day tasks and feeling energised most of the time	Feeling a bit tired and not being as active as usual	Often feeling tired, not enjoying usual activities and struggling with day-to-day tasks	Unable to concentrate, always feeling tired and everything seems too hard
<b>Social</b>	Regularly spending time with others who make me feel connected and supported	Feeling like spending time with others takes a lot of effort	Avoiding most situations and activities with other people	Feeling isolated and disconnected from others
<b>Sleep patterns</b>	Normal sleeping patterns	Some trouble sleeping	Poor quality sleep	Sleeping too much or too little
<b>Appetite</b>	Eating normally (for you), enjoying a range of nutritious foods	Changing eating habits	Noticeable change in eating habits such as no appetite, eating food to cope with emotions, obsessing over what you eat	Sustained change in eating habits



<b>It sounds like you're on track</b>	<b>Don't be afraid to reach out for support</b>	<b>Act early</b>	<b>Seek help now</b>
<p>Keep doing what works for you, and checking in with yourself regularly</p> <p>Don't forget to ask others, 'how are you, really?' (if you feel able to)</p>	<p>Talk to your friends, family and trusted ones. Do something you enjoy!</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>• go for a walk in nature</li> <li>• cook a yummy dinner</li> <li>• read a book outside</li> <li>• spend time with friends or family</li> </ul>	<p>Book in to see your GP or local health and wellbeing service for a chat</p> <p><b>Boronia Head to Health</b> 1800 595 212</p> <p><b>Beyond Blue</b> 1300 003 636</p>	<p><b>Call 000 in an emergency</b></p> <p>Lifeline 13 11 14 lifeline.org.au</p> <p>Kids Helpline 1800 551 800 kidshelpline.com.au</p> <p>SuicideLine Victoria 1300 651 251 suicideline.org.au</p> <p>Suicide Call Back Service 1300 659 467</p>