

CHECK IN



THIS MOVEMBER

C

Count your breaths:

Take a minute to focus on your breathing. Slow, deep breaths can help you notice how your body feels.

H

How's your mood?:

Pause and ask yourself how you're feeling emotionally- stressed, anxious, happy, or tired.

E

Energy check:

Notice your energy levels. Are you drained, restless, or calm?

C

Connections:

Think about the people around you. Who can you talk to if you need support?

K

Keep a note:

Write down what's on your mind, even a few words, it helps get your thoughts out.

I

Identify triggers:

Spot situations or thoughts that make you anxious. Awareness is the first step to managing them.

N

Next step:

Decide on one small action to support yourself, a walk, a chat with a mate, or using a coping strategy.