



Taking



action.



Identifying areas in your life to focus on.





4 areas. 16 questions.

Looking after your mental health and wellbeing

Take action

Managing your energy

We all have the responsibility to look after the mental health and wellbeing of ourselves, our families, our workplaces and our workmates.

The following exercise can help you identify which areas of your life need focus. You can then start creating self-care habits and behaviours to help renew your energy where you need it most.

Please tick the statements that are true for you on the following pages to work out your overall energy and areas you need to focus on.

1. Body

- ☐ I don't regularly get at least seven to eight hours of sleep, and I often wake up feeling tired.
- ☐ I frequently skip breakfast, or I settle for something that isn't nutritious.
- ☐ I don't exercise regularly enough to feel healthy and energised.
- ☐ I don't take regular breaks during the day to truly renew and recharge, or I often eat lunch on the road if I eat it at all.

2. Emotions

- ☐ I frequently find myself feeling irritable, impatient or anxious at work, especially when work is demanding.
- ☐ I don't have enough time with my family and loved ones, and when I'm with them, I'm not always really with them.
- ☐ I have too little time for the activities that I most enjoy.
- ☐ I don't stop frequently enough to express my appreciation to others or to recognise my accomplishments and blessings.

Looking after your mental health and wellbeing

3. Mind

- ☐ I have difficulty focusing on one thing at a time, and I am easily distracted during the day.
- ☐ I spend much of my day reacting to immediate crises and demands rather than focusing on activities that I enjoy and support my wellbeing.
- ☐ I don't take enough time for personal reflection.
- ☐ I work in the evenings or on weekends, and I almost never take a break.

4. Connection

- ☐ I don't spend enough time at work doing what I do best and enjoy most.
- ☐ There are significant gaps between what I say is most important to me in my life and how I actually allocate my time and energy.
- ☐ My decisions at work are more often influenced by external demands than by my personal values.
- ☐ I don't invest enough time and energy in making a positive difference to others or to the world.

Looking after your mental health and wellbeing

How is your overall energy?

Total number of statements ticked: _____

Guide to scores

0 – 3: Excellent energy management skills
4 – 6: Reasonable energy management skills
7 – 10: Energy management deficits
11 – 16: Seek support to develop better energy

What do you need to work on?

Number of ticks in each category:

Body _____

Emotions _____

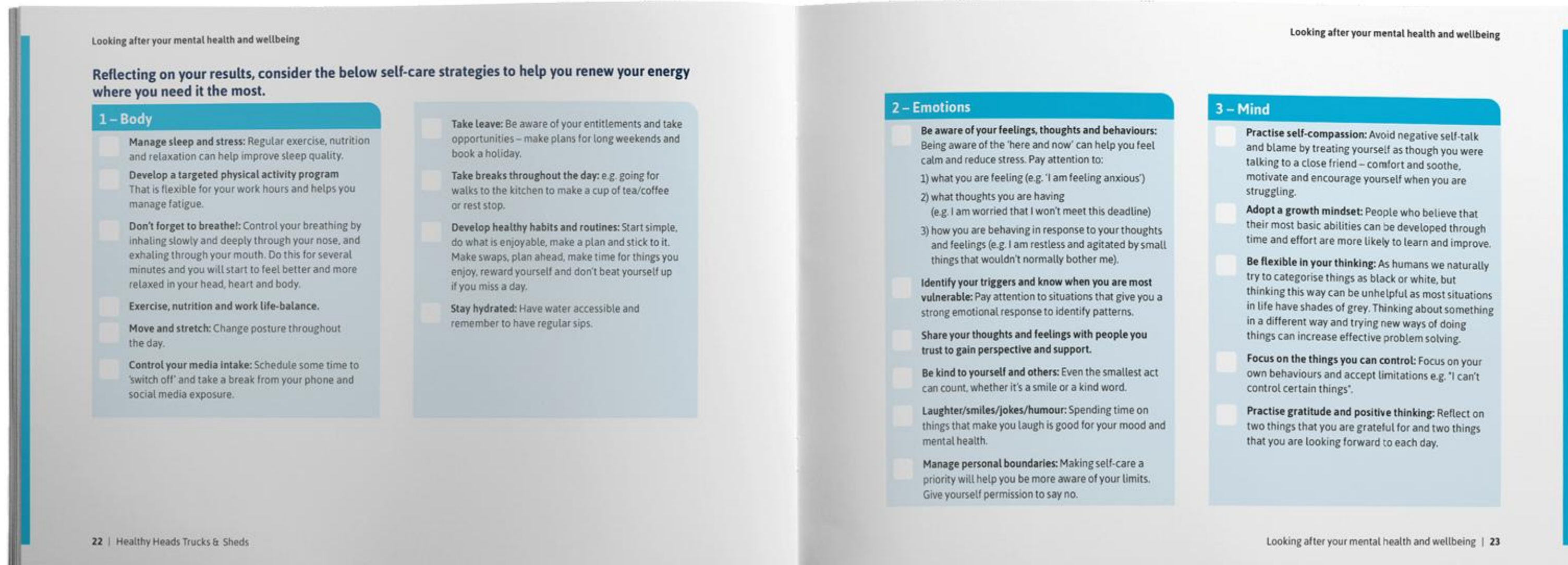
Mind _____

Connection _____

20 | Healthy Heads Trucks & Sheds

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30 self-care strategies.



Support online and on hand.

- Resources and training
- Information on better nutrition
- Recovery after Trauma Guide
- How Ya Travellin'? Podcast



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