Are you maintaining a healthy mind?

Complete the following self-reflection checklist to ensure you are applying your Healthy Minds skills

☐ Do you regularly audit your wellbeing on the Healthy Minds Wellbeing Wheel?	Once a month or at least quarterly, complete the Wellbeing Review proforma to see how you're tracking.
☐ Do you take small daily actions to enhance and maintain your wellbeing?	A score of 7 or higher on each segment of the Wellbeing Wheel is a good goal to aim for.
☐ Are your emotions like the weather?	If you are stuck in a state of negative emotion that has lasted many days or weeks (e.g., feeling anxious, down or angry) use your psychological skills or reach out for support.
☐ Do you maintain an awareness of your personal Stress Signature and where you are on the stress-performance curve?	Remember that stress is neither good nor bad, it is about having the right amount at the right time. Be aware of your stress signature to know when you are over-stressed.
☐ Do you regularly schedule in your Life Medicines?	Schedule in Life Medicines to discharge stress, boost your mood, or engage support. This is particularly important when you are over-stressed.
☐ Are you making good decisions, even in the face of strong emotions? Do you use the Magic Question?	Remember the Magic Question: "What is the helpful thing to do now?"
☐ Do you notice healthy vs unhealthy thinking in yourself and others?	Healthy thinking is thinking that is *balanced*, *realistic* and *helpful*. Review the Thinking Errors and your reference guide 'How to Have a Healthy Mind'.
☐ Do you use the Helpful Thinking Process whenever you feel stuck in a state of negative emotion?	Sit down and complete the Helpful Thinking Process or use the Debating Method to work through your thinking.
☐ Do you treat yourself kindly?	Time to focus on building self-compassion. What would you say and do to support someone you cared about? Apply that to yourself.
☐ Do you regularly practice gratitude?	Deliver a message of gratitude to someone who has had a positive impact on your life, your last year, your last month, or this week.
☐ Are you aware of personal support options at work and in your personal life?	Write down the number of your workplace's Employee Assistance Program.
☐ Do you ask for support when you need it?	If you are struggling, have a conversation *today* to let someone know how you are feeling.