



#MyWholeSelf

My Whole Self MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

How's my mental health today?

How do I feel today?

Mentally?

Physically?

My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Looking after my wellbeing

How did I sleep last night?

Am I eating a balanced diet and drinking enough water?

How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

Create Your Mind Plan with Every Mind Matters to get tips to help deal with stress and anxiety and boost your mood.

My mental health journey

Our mental health is part of the wider journey of our lives.

What can I do to look after my whole self?

Write down a few things that you can do to improve your wellbeing.

Check in next week to see how you are doing.

Check out more resources at mhfaengland.org