



# TIP SHEET.

## Well-being Checklist.

### Instructions:

Complete the following checklist by ticking the category which best fits with your experience over the last two weeks:

Item	How often does each item apply to you				
	Never	Sometimes	Often	Usually	Always
I'm feeling healthy					
Generally I have a good self esteem					
I have a good work-life balance					
I feel I communicate well with others					
I have an active social life					
I'm getting along with others in my life					
I get enough sleep					
I eat a balanced diet					
I make time to relax (or for recreation)					
I do some exercise each day					
I have people I can talk to about my problems					
I know what my goals and values are					
I take steps to achieve my goals					
I feel motivated to deal with my challenges					
I feel that I'm coping okay					
I'm getting through my work load					
I feel hopeless about the future					
I feel that things are out of control					
I don't really want to face things at the moment					
I'm unclear about the problems in my life					
I feel isolated from others					

### Understanding your response:

You may have checked one or several items in the shaded areas. Ticks in 'shaded boxes' indicate potential areas for improvement in your well-being or stress management. This means that improvement can be made by either managing uncomfortable feelings/reactions better, or by increasing healthy coping behaviour. Professional counselling and coaching can assist you to improve your well-being and manage persistent or intense signs of stress.