

Checking-in on your Mental Health

During a time when community awareness is focused on supporting positive mental health, it's important to check-in with yourself before you check-in on others.

KNOW YOUR OWN EMOTIONS

How can you be proactive and take responsibility for improving your own mental fitness? This begins with building your skills around your own self-awareness. The key here is that you focus on yourself and what is happening around you. When you do this self-evaluation you can begin to:

- Check-in on your own mental health
- Act to enhance your own mental fitness

Checking in on yourself may seem like a strange thing to do, but it's an important step in gaining a sense of your own progress towards mental fitness. Staying in touch with how you are feeling gives you the power to act when you notice a sustained pattern or shift in your mood or feelings.

TRACK YOUR MENTAL FITNESS

In this modern world, our smart phones have made it so much easier to track all sorts of things in our everyday lives. Just like with fitness, sleep or dietary intake, tracking your mental fitness and wellbeing will help you to log your emotions and to identify patterns in the way you are feeling. Taking this approach need not be complicated and it doesn't necessarily need to involve the use of smartphones, digital applications or other technologies, if this doesn't suit you.

HERE ARE SOME TIPS TO TRACK YOUR MENTAL FITNESS:

Keep a mental fitness journal

Writing a journal entry each day is a quick and simple way to log your emotions. You don't necessarily need to write a lot of detail, but it's useful to check-in with yourself daily,

take note of how you are feeling and to reflect on events or circumstances that impact on your mental health (positively and negatively).

Look for patterns

Journalling will start to deliver benefits over time as you begin to recognise cycles in your feelings. After regularly tracking your mental health for some time, you will begin to see the ways different circumstances or events impact on your emotions.

Identify areas for building your mental fitness

The patterns you will begin to notice will give you clues to positive and negative impacts on your mental fitness; this is where your regular "check-in" gives you clear clues on boosting your self-care.

Jot down ideas and inspirations

Your mental fitness journal will help you to get a clearer picture of the types of activities you should pursue when you want to lift your mood.

OUR CONVERGE APP

If your employer has registered for our app, you will have access to a comprehensive mental fitness tool, with personalised results and advice. Converge App also features ways to stay on track as you incorporate new mental fitness activities and habits into your life.

→ DOWNLOAD THE APP



convergeinternational.com.au



1300 687 327

0800 666 367

+613 8620 5300

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KNOW WHEN YOU'RE NOT OK

If you're applying mental fitness activities to your everyday life and still feeling down every time you check-in on yourself, then it's okay to seek out a mental health professional.

If Converge is your EAP provider, you can make an appointment to speak with a qualified EAP counsellor by calling 1300 687 327.

Crisis Support:

- Emergency services - Ambulance 000
- Lifeline crisis support and suicide prevention - 13 11 14 or www.lifeline.org.au

Converge offers 24-hour, 7 day a week counselling support. Contact us via the Converge App, our website or phone - it's easy!



Download our **App** to book an appointment.



Visit **convergeinternational.com.au** to Live Chat with a counsellor.



Call **1300 687 327** (Australia), **0800 666 367** (New Zealand), **+613 8620 5300** (International)



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