

# Self monitoring chart: Which colour fits you best?



Staff Mental Health & Wellbeing Hub

Free, fast and confidential support and guidance for health and social care staff

## Physical Wellbeing

- Physically well
- Exercising as normal
- Sleeping well and feeling rested
- Eating and drinking as normal

- Feeling more tired and weaker than normal
- Poor sleep and/ or exercise patterns
- Infrequent or unhealthy eating and drinking

- Disrupted or no sleep, nightmares
- Poor sleep and/ or exercise patterns
- Exhausted or lethargic
- Using alcohol or substance to cope
- No physical or leisure activity

## Psychological Wellbeing

- Enjoying leisure activities
- Feeling normally well and able to focus and concentrate
- Interested and curious about what's going on around you

- Feeling angry, anxious, low or sad much of the time
- Difficulty focusing and concentrating
- At the edge of your personal "stretch zone"
- Intrusive thoughts
- Guilt about decisions made

- Feeling afraid, numb or overwhelmingly sad
- Unable to focus or concentrate
- Unable to distract from thoughts
- Feeling hopeless or unable to cope much of the time
- Feeling intense anger and/or acting on anger

## Social Wellbeing

- Feeling connected to colleagues
- Regular meaningful contact with loved ones

- Limited sense of connection with work colleagues/team
- Reduced social contact
- Withdrawing mentally from loved ones
- Reducing activities that bring a sense of enjoyment and meaning

- Isolated from or avoiding colleagues
- Cutting self off from family and friends
- Avoiding and/or dreading any social activity
- Not experiencing enjoyment

**Green**  
If you see yourself mostly here, you're **doing okay**.

**Amber**  
If you're regularly in this zone, it's time to do something as your wellbeing is **at risk**.

**Red**  
If you are experiencing difficulties in this zone, it's time to **stop and act**.  
Call **0800 145 6568**