

## SEEKING HELP

# How to know when you're not OK

All feelings are ok. It's normal to experience the whole spectrum of emotions from-time-to-time. A good indicator that you are not ok is if the feelings are quite intense, and they last long enough to negatively impact your life.

## OBSERVATION

Reflect on your mood over the last few weeks, months and year or so.  
Give yourself a score out of 10.

### Ask yourself:

*On average, how have I been feeling out of 10?*

10 being feeling great and living life to the fullest. 1 being feeling terrible and not able to function.

*In the last week?*

/10

*In the last month?*

/10

*In the last year?*

/10

## TAKE NOTES

When you look at your answers, what are two things to be aware of?



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## OBSERVATION

Look at each of the warning signs listed and select an answer which indicates how prevalent that sign was for you over the past week.

Warning signs	Frequency			
	Never	Sometimes	Often	Almost always
Emotional (feelings)				
Anxious				
Lonely				
Overwhelmed				
Numb				
Sad				
Unmotivated				
Agitated				
Worthless				
Empty				
Manic				
Other				
Behaviours (actions)				
Withdrawing from people				
Avoiding certain situations due to fear				



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Behaviours (actions)				
Irritability or defensiveness toward others				
Increased substance use or escapism				
Neglecting personal responsibilities or being careless				
Being impulsive or reckless				
Reduced performance at work				
Changes to eating habits (eating more or less than usual)				
Not doing things you enjoy				



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Cognitive (thoughts)				
Negative self-talk				
Questioning the meaning of things				
Forgetfulness or memory issues				
Concentration issues, high procrastination or confusion				
Racing or disorganised thoughts				
Poor judgement				
Ruminating on future or past events				
Indecisive				
Sceptical or seeing the negative in things				
Not looking forward to anything				
Other				



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Physical (sensations)				
Sleep issues				
Tension headaches				
Loss of appetite				
Loss of sex drive				
Extreme fatigue				
Muscle soreness/ stiffness				
Panic				
Rashes or unexplained medical issues				
Knots in your stomach				
Extreme energy				
Other				

**Important to note:** Just as we would never diagnose or pathologise someone else, apply the same principle to ourselves. It's good to have self-awareness, but for expert opinions, we'd see a health professional.



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## OBSERVATION

*Can you identify some of your own personal triggers?*

*What are some of the events, issues, situations, people or conversations that challenge your ability to cope?*

### Some common triggers:

- Conflict and arguments with loved ones
- Receiving negative feedback about your performance at work
- Being rejected by a potential love interest
- Being exposed to a situation, animal, person or object that you fear
- Seeing a traumatic event like a car accident
- Being left out of an invite to events that your friends or co-workers attend
- Having members of your family that are sick
- A long to-do list of tasks
- The anniversary of death of a loved one
- Spending excessive amounts of time alone
- Being swamped with debt or changes to your financial situation
- Certain smells, tastes or noises
- People talking about or joking about a certain topic

Trigger	How it affects me
<i>E.g. Conflict</i>	<i>E.g. I have a fear of abandonment. When I get into arguments it makes me believe that someone will just think "this person is too hard" and walk out on me. I need people in my life to cope, so I avoid having any type of interaction where disagreement can occur. It hurts though, because I feel people take advantage of this, which makes me feel worse.</i>



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**Note:** Some things can be both triggers and warning signs.

- When you’re not in a good headspace, you overeat salty and sugary foods (warning sign)
- When you eat too much salty/sugary food your mental health starts to decline (trigger)

Trigger	How it affects me