

## Your Wellbeing MOT

To keep ourselves running smoothly it is important to do these simple checks regularly.

Items to be tested	Yes	No	Actions to take
<b>Mood</b>			
Do I manage mood changes well?			
Do I recover from setbacks easily?			
Do I deal well with things going wrong?			
<b>Sleep</b>			
Do I sleep well?			
Do I regularly get 7 - 9 hours' sleep a night - more if under 18?			
Do I find it easy to get to sleep?			
Do I feel refreshed when I wake up in the morning?			
<b>Relaxation</b>			
Do I unwind easily?			
Can I switch off after work?			
Do I enjoy social activities?			
Do I find it easy to focus on things like sport, films, TV, games, reading etc?			
Do I keep up with my hobbies?			
<b>Diet</b>			Balanced diet = protein (meat, beans, fish etc); fresh fruit and veg; carbs (potatoes, rice, bread etc) and fats (milk, cheese, olive oil) + plenty of water.
Do I have a good appetite?			
Do I eat a healthy balanced diet?			
Do I make sure I don't eat too much junk food and takeaways?			
Do I make sure I eat my meals at regular times through the day?			
<b>Five ways to wellbeing</b>			
Do I connect regularly with other people?			
Do I enjoy learning new things?			
Do I make sure I keep active?			
Do I take time to notice what's going on around me?			
Do I give to others? Doesn't always have to be time or money, a smile can do!			

Solutions	
<b>Self-care</b>	Make sure you get a good night's sleep, eat well, take regular breaks, exercise and keep up with the five ways to wellbeing.
<b>Self-help</b>	Is this something you can fix yourself? Try checking out some useful self-help guides and websites (see useful links on p.2)
<b>Check it out with someone else</b>	Talking a problem or concern through with someone is helpful. Often it helps you find your own solution.
<b>Get help or support</b>	You might need to get some more help or support. Talking to someone is really important: it could be a friend, family member or someone at work or college.
<b>Phone-lines; chat rooms</b>	If you prefer to talk to someone you don't know try a service like the Mix (for up to 25s) or CALM which offer free anonymous help.
<b>See your GP</b>	It is always worth checking things out with your GP, especially if you are experiencing physical symptoms like chest pains, headaches, needing to go to the toilet a lot etc.

**REMEMBER IT'S OK NOT TO BE OK.  
NOT MANY OF US WILL TICK YES TO EVERYTHING.  
THE MOST IMPORTANT THING IS TO TAKE ACTION TO FIX IT EARLY IN ORDER TO PASS YOUR WELLBEING MOT.**

## Useful links to help you pass your MOT

<b>Who to talk to?</b>	
<b>Friends, family, people at work eg your manager</b>	<b>The Samaritans</b> <a href="http://samaritans.org">samaritans.org</a> <b>Call:</b> 116 123 (free line) <b>Email:</b> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Confidential and emotional support 24/7.
<b>The Mix</b> <a href="http://themix.org.uk">themix.org.uk</a> <b>Call:</b> 0808 808 4994 <b>Text:</b> THEMIX to 85258 Support and advice for under 25s, including a helpline, crisis messenger service and webchat.	<b>Ben</b> <a href="http://ben.org.uk">ben.org.uk</a> <b>Call:</b> 08081 311 333 Help and support for those working in the automotive industry. Webchat or helpline Monday to Friday 8am - 8pm.
<b>YoungMinds</b> <b>Text:</b> YM to 85258 <a href="http://youngminds.org.uk">youngminds.org.uk</a> Free, 24/7 text support for young people across the UK experiencing a mental health crisis.	<b>CALM</b> <a href="http://thecalmzone.net">thecalmzone.net</a> <b>Call:</b> 0800 58 58 58 from 5pm - midnight, 365 days a year Support, information and signposting to men anywhere in the UK via webchat or phone.
<b>Shout</b> <b>Text:</b> SHOUT to 85258 <a href="http://giveusashout.org">giveusashout.org</a> 24/7 text service for anyone in crisis anytime, anywhere.	<b>Andy's man club</b> <a href="http://andysmanclub.co.uk">andysmanclub.co.uk</a> Nationwide talking groups for men.

<b>More about self-care</b>	
<b>Mood:</b>	<a href="https://www.actionforhappiness.org/10-keys-to-happier-living">https://www.actionforhappiness.org/10-keys-to-happier-living</a>
<b>Sleep and relaxation:</b>	<a href="https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/">https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/</a>
<b>Mindfulness meditation practice:</b>	<a href="https://www.youtube.com/watch?v=ZToicYcHIQU">https://www.youtube.com/watch?v=ZToicYcHIQU</a>
<b>Diet:</b>	<a href="https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/">https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/</a>
<b>Five ways to wellbeing:</b>	<a href="https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/">https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</a>

<b>Self-help resources</b>	
<b>Mind</b> <a href="http://mind.org.uk">mind.org.uk</a> <b>Call:</b> 0300 123 3393 Online resources and Infoline provides information and signposting service. 9am to 6pm, Monday to Friday (excluding bank holidays).	<b>NATIONAL DEBTLINE</b> <a href="http://nationaldebtline.org">nationaldebtline.org</a> <b>Call:</b> 0808 808 400 9am-8pm Mon-Fri, 9.30-1pm Sat. Free and independent debt advice over the phone and online.
<b>The Mix</b> <a href="http://themix.org.uk">themix.org.uk</a> <b>Call:</b> 0808 808 4994 <b>Text:</b> THEMIX to 85258 Support and advice for under 25s, including a helpline, crisis messenger service and webchat.	<b>Talk to Frank</b> <a href="http://talktofrank.com">talktofrank.com</a> <b>Call:</b> 0300 1236600 <b>Text:</b> 82111 A website that offers help and advice concerning drug use and alcohol. There is a 'find a support centre' tool.
<b>Beat Eating Disorders</b> <a href="http://beateatingdisorders.org.uk">beateatingdisorders.org.uk</a> Support for individuals, families or friends with eating disorders. Phone or webchat 365 days a year, 9am-midnight weekdays, 4pm-midnight weekends. <b>England</b> 0808 801 0677 <b>Scotland</b> 0808 801 0432 <b>Wales</b> 0808 801 0433 <b>Northern Ireland</b> 0808 801 0434	<b>NHS self-help tools</b> <a href="https://nhs.uk/mental-health/self-help/guides-tools-and-activities">https://nhs.uk/mental-health/self-help/guides-tools-and-activities</a>  <b>What's up with everyone?</b> <a href="http://whatsupwitheveryone.com">whatsupwitheveryone.com</a> A series of animations for 17 - 24-year olds covering: perfectionism, loneliness and isolation, independence, social media, competitiveness and seeking help.

<b>Where can I get help?</b>
<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a> Put in your postcode and find help local to where you live for a range of difficulties.
<b>For urgent help: Call 111 or go to A &amp; E or call an ambulance on 999</b>