

# A PRACTICAL SELF-EVALUATION TOOL

The **psychological health barometer** helps us take our vital psychological signs.

Regardless of the zone you are in, it is important to come back to green.

**Need help?  
For a helpline service that is  
free, confidential and  
available 24/7 ...**

Suicide Prevention Helpline

**1-866-APPELLE (277-3553)**

Info-Social  
**811 option 2**



## How do I feel today?

	Healthy	Reacting	At risk	Critical
SIGNS	Calm and steady Sense of humour Mentally alert Sleeping well Performing consistently Confident in self and others Feeling good Good energy levels Physically active Socially active Substance use is occasional and social	Occasional anxiety or sadness Irritability or pessimism Forgetfulness or intrusive thoughts Difficulty sleeping Feeling overworked or procrastinating Self-doubt Tension or headaches Low energy Reduced physical activity Reduced social contacts Substance use is regular but controlled	Persistent anxiety or sadness Angry or cynical Indecision, poor concentration Sleep disturbances, nightmares Feeling overwhelmed, poor performance Distrusts others Persistent physical symptoms Fatigue Physically inactive Avoiding social contacts Substance use is difficult to control	Excessive anxiety, depression, or suicidal thoughts Angry outbursts or aggression Unable to concentrate Significant sleep disturbances or oversleeping Unable to complete work tasks Excessive distrust More serious physical symptoms Exhaustion Lethargic No contact with loved ones Substance abuse or dependence
STRATEGIES	Maintain current activities Practice mindfulness Cultivate social relationships	Recover: slow down and rest Build mental health toolkit Identify problems Act on things that can be changed	Acknowledge the need for action Recover: eliminate non-essential tasks Reach out to peers Maintain contact with loved ones	Consult a professional immediately Reach out to peers or someone you trust Consider a leave of absence from work Rekindle close relationships