


Skill Spotlight 4 - Checking In

Mental health self check-in

Everyone is different and reacts in different ways, but some of the signs that you might need to seek support are:

- Difficulty sleeping 
- Not wanting to do things you usually enjoy doing
- Avoiding social events and social interactions 
- Distressing thoughts or memories about incidents or experiences coming up
- Feeling teary more often than usual 
- Feeling keyed up or on edge more often than usual
- Feeling irritable or acting in irritable ways 
- Being vigilant or on the look out for reminders of past stressful events


If you have checked off some of these signs, and would like to seek support, please engage with your support pathways

You can identify the supports available to you and your unique support pathways on the next page

Stress check pit stop

Take a moment to notice your heart rate, your muscle tension, and your breathing rate:

Do you notice you are tense?



Actively relax your muscles

Heart racing, or breathing fast?



Slow down your breathing with mindful slow breathing

If I just am sitting at home doing nothing in particular, reading or listening to music and there's that little thought in the back of my head, "What if this? What if that? What if I had done this," or just going back over that again and again and again. That's when I start to say, "Stop, maybe something's not right," and I try to reach out to someone

- young volunteer, age 19