The following table can be used weekly to help you check-in with yourself, reflect and identify any changes in your ability to cope. If you notice any changes, make a note of what strategies you are going to try to take care of yourself.

**Click to select date**

| **Area of check-in** | **Answer** | |
| --- | --- | --- |
| Feelings Have you noticed any changes in how you have been feeling this week? Give yourself a score from 0 (not at all) to 10 (extremely) or how stress, anxious or down you are feeling. | Click or tap here to enter text. | |
| Body Have you noticed any changes in your own body? Do you have tight shoulders or jaw, tightness in your chest, dryness of mouth, difficulty breathing or heart racing? | Click or tap here to enter text. | |
| Sleep Have there been changes in your sleep pattern? Are you struggling to get sleep, waking in the night or waking earlier than usual and finding it difficult to get back to sleep? | Click or tap here to enter text. | |
| Thoughts Have you been focusing on ‘what if’ situations? Are you always worrying about the worst-case scenarios? | Click or tap here to enter text. | |
| Reactions and behaviour Have you been acting differently to those around you or how you treat yourself? Are you snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope? | Click or tap here to enter text. | |
| Check-in buddy Have you spoken to your check-in buddy about how you’re feeling this week? | Click or tap here to enter text. | |
| Strategies to try this week… [Make a self-care plan (docx, 173kb)](https://federation.edu.au/__data/assets/word_doc/0003/493518/Importance-of-self-care-planning.docx)  Do physical activity or get fresh air each day  Do something that gives me pleasure and/or achievement each day | | Notice my thoughts and try to think in a helpful way  Try an online program  Get professional help when I need it |
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