



Assessing your current situation

Sometimes when we are struggling, it's hard to step back and get a clear look at how we are doing.

Assessing your current situation is a questionnaire available on the *Workplace Strategies for Mental Health** website to give yourself a picture of what is going on with you right now. If your answers are causing you concern, consider taking the list to your doctor or therapist.

The questions will encourage you to check in with different components of your lifestyle, health, and well-being, such as:

- What's going on with my body?
- What's going on with my thoughts?
- What's going on with my behaviour?
- What's going on with my job?