



How are you really doing?

Thinking about your wellbeing in the past week, do you feel...

	THRIVING	SURVIVING	STRUGGLING	IN CRISIS	
EMOTIONAL	In good spirits with usual ups and downs. Positive about life most of the time.	Sometimes irritable, impatient, nervous or sad. Positive about life some of the time.	Often impatient, nervous or sad. Coping with the stresses of daily life is often hard.	Angry, anxious, hopeless or always sad. Overwhelmed by the stresses of daily life.	EMOTIONAL
PSYCHOLOGICAL	Able to cope with the stresses of daily life. A sense of purpose in life most of the time. No thoughts of suicide or fleeting thoughts of suicide.	Mostly able to cope with stresses of daily life. Unsure about your sense of purpose in life. Some thoughts of suicide with no plans to act on these.	Negative about life some of the time. Disinterested or a sense that life lacks purpose sometimes. Thoughts of suicide including some planning related to these.	Negative about life most of the time. Disinterested or that life lacks purpose most of the time. Thoughts of suicide and active plans to act on these.	PSYCHOLOGICAL
SOCIAL	Able to take part in social activities or hobbies as much as you'd like. Supported by family, friends and colleagues.	Able to take part in social activities or hobbies sometimes. Supported by family, friends and colleagues to some extent.	Rarely able to part in social activities or hobbies. Disconnect from family, friends and colleagues.	Mostly unable to take part in social activities or hobbies. Withdrawn from or avoiding family, friends and colleagues.	SOCIAL
PHYSICAL	Physically well for you. Considering your shift pattern (if you have one), you are able to get quality rest and sleep. Able to do as much physical activity as you'd like within your usual capability.	Mostly physically well. Aside from any disruption caused by shift pattern (if you have one), your sleep is disturbed sometimes. Able to do some physical activity within your usual capability.	Sometimes physically unwell. Aside from any disruption caused by shift pattern (if you have one), it is difficult getting quality rest and sleep. Unable to do much physical activity within your usual capability.	Physically unwell for you. Aside from any disruption caused by shift pattern (if you have one), you are unable to get quality rest and sleep. Unable to do any physical activity within your usual capability.	PHYSICAL
ADDICTION	You have not used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope.	You have rarely used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope.	You have sometimes used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope.	You frequently used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope.	ADDICTION

**We all experience times when we struggle or reach crisis. It is ok to not be ok.
Your loved ones, employer and professionals can help.**

MAINTAIN YOUR WELLBEING

- Connect with others.
- Be physically active.
- Learn new skills.
- Give.
- Be present in the moment.

PROMOTE YOUR WELLBEING

- Actively engage in coping techniques and self-care.
- Engage in peer support and clinical supervision.
- Reflective practice - what are your support needs?

FOCUS ON YOUR WELLBEING

- Connect with your line manager, employee support services or GP.
- Talk about how you are feeling.
- Consider trying a new coping technique.

PRIORITISE YOUR WELLBEING

- Prioritise asking for support from employee support services.
- The Ambulance Staff Charity, your GP, or in an emergency 999 (you're a person too, 999 is there for you).

Scan here for more information about wellbeing, actions you can take and where to get more support or visit <https://aace.org.uk/mentalhealthandwellbeing/>

