

SIGNS, SYMPTOMS, BEHAVIOURS	LIFE IS GOOD	LIFE IS A BIT ROUGH	LIFE IS HARD	LIFE IS REALLY TOUGH
	• Normal fluctuations in mood • Calm • Takes things in stride • Normal sleep patterns • Few sleep difficulties • Physically well • Good energy level • Consistent performance • Sense of humour • In control mentally • Physically active • Socially active • Limited or no gambling • Limited or no alcohol use	• Nervousness • Irritability • Impatience • Sadness • Feeling overwhelmed • Trouble sleeping • Nightmares • Intrusive thoughts • Tired/low energy • Muscle tension • Headaches • Procrastination • Displaced sarcasm • Forgetfulness • Decreased physical and social activity • Regular but controlled gambling • Regular but controlled alcohol use	• Anxiety • Anger • Hopelessness • Pervasive sadness • Restless or disturbed sleep • Recurring images or nightmares • Increased fatigue • Aches and pains • Social avoidance or withdrawal • Poor performance and concentration • Workaholic, presenteeism • Negative attitude • Increased gambling • Increased alcohol use	• Excessive anxiety • Easily angered • Depressed mood • Suicidal thoughts • Unable to fall or stay asleep • Sleeping too much or too little • Exhaustion • Physical illness • Unable to perform duties/control behaviour/concentrate • Overt subordination • Absenteeism • Avoiding social events, not going out or answering the phone • Alcohol addiction • Gambling addiction • Other addictions

PROACTIVE/PREVENTATIVE

INTERVENTION/RESPONSE

Looking after your own wellbeing is a shared responsibility. Wellbeing Support provides confidential services to help, no matter where you sit on the continuum.

SERVICES AND SUPPORTS	Self Care	✓	✓	✓	✓
	Family and Social Support	✓	✓	✓	✓
	Managers and Supervisors	✓	✓	✓	✓
	MyPulse	✓	✓	✓	
	Wellbeing Checks	✓	✓	✓	✓
	Education and Training	✓	✓	✓	
	Wellbeing Support Officers & CISM Peers	✓	✓	✓	✓
	Specialist support (Psychologists, Psychiatrists, Allied Health professionals)		✓	✓	✓

What does being in the 'green' look like for you?

What activities do you rely on to keep yourself in the green zone?

What professional support do you have in place if you move out of the green zone?

Aside from professional supports, who are you able to talk to if you move out of the green zone?

Talk through your answers with your family and give them permission to contact Wellbeing Support if you move towards the red.

GET HELP NOW

24 Hour Wellbeing Support: **6173 2873** | CISM: **0427 181 207**

wellbeing@dpfem.tas.gov.au | manager@cism.tas.gov.au

