How am I Doing?

Working in a health care setting, there is often no time to stop and think about your own mental health.

Check In With Yourself

Green: Healthy
- Use simple coping tools: walk, talk to friends, music
- Limit news and media

Yellow: Reacting
- Get good sleep and eat well
- Seek support from others

Orange: Injured
- Time to get professional help

Red: Ill
- Get help now
- Call a crisis line

Use this quick tool to ask yourself “How am I doing?”

It will help you notice and be able talk about changes in yourself, a co-worker, family member or friend.

You may notice:
- physical changes
- changes in how you think, feel and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

How can I use it?
- Take a minute to see where you are on the colour continuum? Do this daily.
- Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- Do a “colour” check-in at team meetings or as a conversation opener with staff.

Access the Continuum Self-Check Tool

theworkingmind.ca/continuum-self-check