

## **SOCIAL DISTANCING MENTAL HEALTH CHECK-IN**

How are you today? Our general instinctive response to this question is to say 'I'm fine', even when we're not.

Sometimes finding the words to explain how you're feeling can be hard, particularly if you're currently struggling with your mental wellbeing and are not feeling positive, motivated or focused.

In these situations non-verbal communication can be a great way of saying how you feel without the use of words. The simple chart below uses coloured hearts to explain emotions, and can be used as check-in-tool to assess your current mood, and also share your mood with others when asked.

 **I'm doing great**

 **I am okay**

 **I'm okay-ish**

 **Things are tough**

 **I'm struggling**

 **I'm having a hard time and wouldn't mind if someone reached out to me**

 **I'm in a bad place right now**

Drop your heart colour to friends, family and work colleagues to let them know how you are doing, but also be proactive and ask people how they're doing!

If at any point you feel that you are struggling with your mental wellbeing, then please reach out to someone that you trust, and/or support programmes offered by the business, or support organisations.