



SELF-CARE CHECKLIST



This brief questionnaire asks you nine questions to help you check-in with yourself and how you're coping. In the current environment of rapid change and uncertainty, it is extra important that you look after your own health and wellbeing. Early intervention is vital to achieving this. If you answer yes to any of the questions, please consider contacting us for support.

Take a minute to check in with yourself

- ☐ Are you worrying about your financial situation?
- ☐ Are you struggling to manage your team remotely?
- ☐ Are you concerned about your job security?
- ☐ Are your thoughts being consumed by the impacts of Covid-19 (Coronavirus?)
- ☐ Are you drinking more than usual?
- ☐ Are you concerned about your safety at home?
- ☐ Are you struggling to develop and maintain a healthy routine?
- ☐ Are you lacking motivation and energy?
- ☐ Are you a frontline worker who is concerned about your health?

If the answer is yes to any of the above, it's important you seek support as early as possible.

At Benestar, we have a range of professionals that can assist you to work through your concerns and assist you with a management plan. Early intervention is essential in the maintenance of your health and wellbeing, and that of your family.

Call us for confidential coaching and support

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Benestar 
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