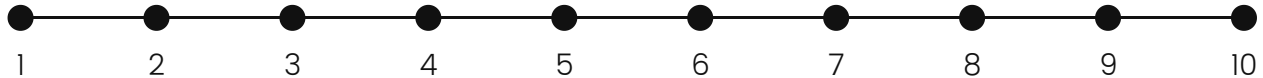


MENTAL HEALTH

how do you rate your mood and mental health overall?



Go to the resource section and complete the DASS21. Write down your scores. If anxiety is a high score, also complete the GAD21. If depression is high, also complete MADRS

DASS21

Date: Depression: Anxiety : Stress

MADRS

Date: Score :

0-6 (no depression) 7-19 (mild depression) 20-34 (moderate depression) 35+ severe depression

GAD 7

Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively

REVIEW YOUR STRESS TRIGGERS

What causes you stress?

How do you respond to stress? *i.e do you reach for food, alcohol, relaxation, cleaning, etc?*

What physical sensations do you experience when you're stressed?

MENTAL HEALTH

Do you notice your stress is worse at different times of the month? If you are still menstruating, do you notice patterns in your cycle?

Is there a stressful person/event/thing that is affecting your life and health? Y / N
How does this affect your health?

ANALYSE YOUR THOUGHTS...

What thoughts do you have about this stressful event?

Is this thought actually true? Y / N

You may have answered yes, this is very common to respond this way but it's often our brains automatically answering yes without analysing it. So let's break it down...

So are you sure it's actually true? What proof do you have of this? Would someone else see it differently?

How would you feel if your thoughts about this were different?

How can you reframe your thoughts about this thing to create less of a stressful response?