

# simples — — MENTE



## Am I taking care of my psychological health?

Below you will find **10 statements** that reflect important aspects associated with psychological health and the way you take care of yours. **Tick the statements that apply to you.**

- 1.** I have been tolerant of myself and of what I am feeling. I accept that, at times, I may be more tired, anxious, sad... depending on the circumstances experienced.
- 2.** I have tried to keep myself active, setting goals for my day, and combining my personal life with my professional life.
- 3.** I try to talk about what I'm feeling with people I trust.
- 4.** I have tried to monitor my well-being and be aware of any possible warning signs indicating that I need, for example, to rest and/or ask for help.
- 5.** I resort to activities that help me relax.
- 6.** I have been paying attention to my thoughts and trying to realize the impact they have on how I interpret and face situations.
- 7.** I try to trust my abilities to face/resolve situations.
- 8.** I am taking care of my well-being, practicing physical exercise, maintaining a balanced diet and taking care of my sleep hygiene.
- 9.** I have an attitude of openness to learning.
- 10.** I have a positive attitude towards the future.

**Reread all** those you did not tick and **think** what would be the advantage of investing on them for your well-being and how you could do it.