There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others’ mental health and wellbeing.

**How’s my mental health today?**
- How do I feel today?
- Mentally?
- Physically?

**How’s my thinking today?**
- How are my thoughts making me feel?
- Am I having unhelpful thoughts?

**My Stress Container**
- How full is my container?
- Am I using helpful coping strategies?
- Are they working?

Learn about your Stress Container here.

**Looking after my wellbeing**
- How did I sleep last night?
- Am I eating a balanced diet and drinking enough water?

For tips on supporting your mental health, especially when working from home, look at our [guidance](#).

**What can I do to look after my whole self?**
- Write down a few things that you can do to improve your wellbeing.
- Check in next week to see how you are doing.

Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](http://mhfaengland.org).