

## A PERSONAL CHECKLIST FOR EMOTIONAL STABILITY

### PHYSICAL

#### Eating sensibly?

**NO** \_\_\_\_\_ **YES**

Are you eating a nutritionally balanced diet, regularly and unhurriedly?

#### Smoking/Drugs/Drinking?

**NO** \_\_\_\_\_ **YES**

Do you avoid smoking and drugs? Do you not drink or only in moderation?

#### Sleeping well and enough?

**NO** \_\_\_\_\_ **YES**

Are you regularly getting enough sleep? Too little sleep affects thoughts and behaviour. Are you dreaming a lot, waking early and feeling tired? If so, what is unresolved from the day before?

#### Exercise regularly?

**NO** \_\_\_\_\_ **YES**

Exercise is important to enable the mind and body to work efficiently. It doesn't have to be strenuous, just regular. Just 20 minutes of the right sort of exercise can release endorphins - the 'feel good' chemicals.

#### Laughing a lot?

**NO** \_\_\_\_\_ **YES**

Laughter is a great destressor and best done in company.

#### Physical contact?

**NO** \_\_\_\_\_ **YES**

Touch is important. Do you have appropriate physical contact with anyone? If not a person, then pets can provide therapeutic contact. Also therapeutic massage treatments e.g.: aromatherapy, reflexology, back and neck etc.

## GETTING NEEDS MET

**Do you feel safe?**

**NO** \_\_\_\_\_ **YES**

We all need to feel a basic safety at work and home. Are you physically and emotionally safe, including money worries?

**Do you have a sense of autonomy and control?**

**NO** \_\_\_\_\_ **YES**

Are you heard and feel you have an influence over events or do you try to be too much control?

**Do you have wider connections?**

**NO** \_\_\_\_\_ **YES**

People benefit from being involved in something greater than themselves. Do you meet and mix with people other than in work and family situations?

**How healthily are your attention needs being met?**

**NO** \_\_\_\_\_ **YES**

Attention is like nutrition and an essential for humans. Do you get and receive attention in a balanced way or are you greedy – giving or receiving?

**Do you have people who are important to you and to whom you are important?**

**NO** \_\_\_\_\_ **YES**

Is there at least one person with whom you can be yourself?

**Are you comfortable with your status in society?**

**NO** \_\_\_\_\_ **YES**

Are you rewarded and feel appreciated and fit in, or do you have feelings of inferiority, jealousy, hostility?

**Have you a sense of competence and achievement?**

**NO** \_\_\_\_\_ **YES**

Are you satisfied with what you do or out of your depth, stuck, bored?

**Do you have your own space and time to recharge?**

**NO** \_\_\_\_\_ **YES**

Do you take 'time out' for yourself and do something using your own skills/interests? Are you working to live or living to work?

**Have you aims & ambitions – projects that stretch you?**

**NO** \_\_\_\_\_ **YES**

What gives you a sense of purpose in life? Can they be realised short-term and long? Keep your mind/body stretched and challenged by work or learning.

## MAINTAINING EMOTIONAL HEALTH

**Do you monitor self talk/introspections?**

**NO** \_\_\_\_\_ **YES**

Are you challenging negative thoughts and preventing them acting as self-fulfilling prophecies? e.g.: What is the evidence for that view? Is there an alternative? Are you forgetting your strengths and concentrating on weaknesses? Are you being excessively pessimistic? Or spending too much time in the past?

**Do you use stress management including managing busy days?**

**NO** \_\_\_\_\_ **YES**

Stress can kill. Do you manage the stress in your life or does it manage you? How do you react when emotionally aroused? Do you know how to relax? Can you see the bigger picture or are you only looking through the letter box e.g.: narrow viewpoint? How much personal control do you have over situations?

**Do you always feel prepared for change?**

**NO** \_\_\_\_\_ **YES**

Mentally healthy people know that we live a transient life. They regard change as a constant and not as a threat.

**Are you mindful – able to self observe?**

**NO** \_\_\_\_\_ **YES**

Are you aware when your emotional life is becoming unbalanced? Are you honest with yourself? Can you see the bigger picture?

**Do you get the best from family and colleagues?**

**NO** \_\_\_\_\_ **YES**

Do you bring the best out of other people in your family and/or workplace? Make the most of people's strengths not weaknesses. If there is something or somebody that can't / won't change, then change your own response.

**Can you distinguish between needs and wants?**

**NO** \_\_\_\_\_ **YES**

Can you separate what you actually need from what you want? Are your needs being met? Don't know that they are? Then look above. Can the wants wait?

**Do you self regulate?**

**NO** \_\_\_\_\_ **YES**

Have you a way to spot when anything is moving off balance and then know what to do?

For further information visit [www.londonhumangivens.com](http://www.londonhumangivens.com)

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