

How are you really doing?

Thinking about your wellbeing in the past week, do you feel...

	THRIVING	SURVIVING	STRUGGLING	IN CRISIS	
EMOTIONAL	In good spirits with usual ups and downs Positive about life most of the time	Sometimes irritable, impatient, nervous or sad Positive about life some of the time	Often impatient, nervous or sad Coping with the stresses of daily life is often hard	Angry, anxious, hopeless or always sad Overwhelmed by the stresses of daily life	EMOTIONAL
PSYCHOLOGICAL	Able to cope with the stresses of daily life A sense of purpose in life most of the time No thoughts of suicide or fleeting thoughts of suicide	Mostly able to cope with stresses of daily life Unsure about your sense of purpose in life Some thoughts of suicide with no plans to act on these	Negative about life some of the time Disinterested or a sense that life lacks purpose sometimes Thoughts of suicide including some planning related to these	Negative about life most of the time Disinterested or that life lacks purpose most of the time Thoughts of suicide and active plans to act on these	PSYCHOLOGICAL
SOCIAL	Able to take part in social activities or hobbies as much as you'd like Supported by family, friends and colleagues	Able to take part in social activities or hobbies sometimes Supported by family, friends and colleagues to some extent	Rarely able to part in social activities or hobbies Disconnect from family, friends and colleagues	Mostly unable to take part in social activities or hobbies Withdrawn from or avoiding family, friends and colleagues	SOCIAL
PHYSICAL	Physically well for you Considering your shift pattern (if you have one), you are able to get quality rest and sleep Able to do as much physical activity as you'd like within your usual capability	Mostly physically well Aside from any disruption caused by shift pattern (if you have one), your sleep is disturbed sometimes Able to do some physical activity within your usual capability	Sometimes physical unwell Aside from any disruption caused by shift pattern (if you have one), it is difficult getting quality rest and sleep Unable to do much physical activity within your usual capability	Physically unwell for you Aside from any disruption caused by shift pattern (if you have one), you are unable to get quality rest and sleep Unable to do any physical activity within your usual capability	PHYSICAL
ADDICTION	You have not used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope	You have rarely used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope	You have sometimes used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope	You frequently used addictive behaviours (e.g. alcohol, substances, gambling, food) to cope	ADDICTION

We all experience times when we struggle or reach crisis. It is ok to not be ok.

Your loved ones, employer and professionals can help.

MAINTAIN YOUR WELLBEING

Connect with others
Be physically active
Learn new skills
Give
Be present in the moment

PROMOTE YOUR WELLBEING

Actively engage in coping techniques and self-care
Engage in peer support and clinical supervision
Reflective practice—what are your support needs?

FOCUS ON YOUR WELLBEING

Connect with your line manager, employee support services or GP
Talk about how you are feeling
Consider trying a new coping technique

PRIORITISE YOUR WELLBEING

Prioritise asking for support from employee support services, The Ambulance Staff Charity, your GP, or in an emergency 999 (you're a person too, 999 is there for you)



ASSOCIATION OF
AMBULANCE
CHIEF EXECUTIVES

Scan here for more information about wellbeing, actions you can take and where to get more support or visit bluelighttogether.org.uk

