



## Wymondham Rugby Club - Wellbeing Checklist

Here are some questions to ask yourself or others during this strange time to consider how to look after yourself physically AND mentally:



**How is your mood?** Are you feeling more 'down' or overwhelmed than usual? Where would you rate it on scale of 0-10?



**How is your sleep?** Do you think you're getting enough? If not, what is getting in the way? Is this different from normal?



Are you **exercising** regularly? Is this more or less than usual?



Do you have a **support network** around you? Do you have someone to talk to if you are struggling? Are you feeling **lonely**?

**How is your appetite?** Are you eating more or less than usual? Are you eating **healthily** or is there an increase in 'junk food'?



Do you feel **physically unwell**? Think about your symptoms - do you need to be seen by a health professional? Remember NHS services are still available during lockdown.



Do you feel **stressed**? How is your **work-life balance**? Are there other life events which are causing you stress or anxiety? Are you able to take enough breaks from work or stresses?



Have you got some **enjoyable activities** planned for the next week? If not, can you plan something to look forward to? Do you have any other **positive coping strategies** that you can use?



If your answers to any of these questions makes you think you or someone else could benefit from some support, please consider doing the following things:

- Reach out to a friend you trust and talk to them or talk to the friend you are worried about
  - Speak to your GP
- See our list of resources or support that is available in the local area