

## Understanding Your Own Mental Health

<b>Characteristic</b>	<b>Currently</b>	<b>When Well</b>	<b>When Unwell</b>
Mood			
Temper			
Sleep			
Energy levels			
Appetite			
Motivation			
Level of engagement			
Relationships with others			

## Understanding Your Own Mental Health

Concentration			
Speech/Communication			
Movements			
Stress/anxiety levels			
Thought processes			
Memory			
Appearance			
Physical health			

## Understanding Your Own Mental Health

Suggested adjectives - this list is not exhaustive so do feel free to add your own to the list. The list is to help express the intensity and experience of each of the characteristics used to describe your mental wellbeing.

Mood	Low, depressed, elated, elevated, numb, unstable, changeable, paranoid, irritable, sad, happy, content
Temper	irritable, ratty, calm, tolerant, belligerent, hostile, aggressive, even tempered, friendly, antagonistic
Sleep	poor, broken, refreshing, fitful, unrefreshing, fragmented, restful, relaxing, peaceful, troubled
Energy levels	low, exhausted, high, energised, subdued, manic/hypermanic, agitated, restless, good, animated, weary
Appetite	hearty, good, poor, healthy, hungry, ravenous, - also describe tastes and cravings in this section
Motivation	apathetic, unmotivated, driven, inspired, disinterested, interested, passionate, indifferent, lukewarm
Level of engagement	involved, engaging, disengaged, connected, disconnected, detached, reliant, aloof
Relationship with others	sociable, friendly, engaging, unfriendly, paranoid, secretive, distrustful, warm, civil, hostile, reserved
Concentration	attentive, focused, engaged, unfocused, poor, good, intense, distracted, preoccupied, sidetracked
Speech	fast, slow, loud, quiet, absent, hesitant, expressive, flat, repetitive, erratic, obscure, confident
Movements	agitated, restless, subdued, slow, jerky, uncoordinated, coordinated, dexterous, nimble, awkward
Stress/anxiety levels	high, anxious, calm, relaxed, chilled, agitated, nervous, jumpy, tense, stressed, paranoid, tranquil
Thought processes	jumbled, disordered, paranoid, coherent, incoherent, logical, rational, reasoned, optimistic, negative
Memory	good, poor, forgetful, absent minded, distracted, reliable, unreliable
Appearance	tidy, well presented, unkempt, untidy, clean, casual, eccentric, confident, messy, ungroomed, individual
Physical health	good, poor, unhealthy, run down, well, unwell, healthy, fit, ill, sick, poorly, robust, strong, weak, frail