

## Health Check – How Am I Going?

**Interpreting Your Results** - At the end of the Health Check survey you are provided with feedback about how you are going across various domains of health. You can print this report for your records. It is best to read your feedback in conjunction with the guidance provided below and the '[Staying at the Top of Your Game](#)' resource. Remember, this information is provided as a guide only; please contact a relevant practitioner for a more detailed assessment of your health needs.

**If you have immediate concerns about how you are going, ring the confidential NZDF helpline 0800 NZDF4U (0800 693348). For general health concerns contact your GP (or regional Defence Health Centre or if you are serving), the national Healthline 0800 611 116, or Text or call free 1737 for free 24/7 telehealth support.**

**Next steps** - Use the feedback and your own thoughts to fill in the tables below to map how you are going across each domain. Remember that each area is important for your overall health, and that factors within each domain (such as nutrition, exercise, sleep, alcohol use, social support, sense of fulfilment, job satisfaction and life events) can act as risk or protective factors.

### Your Health Profile

PHYSICAL HEALTH	GOING GREAT	GOING OK- OPPORTUNITY	AREA FOR FOCUS
Physical Health Stress:			
Nutrition:			
Physical Activity:			
Sleep:			
Alcohol consumption:			
Smoking:			
Overall physical health:			

MENTAL HEALTH	GOING GREAT	GOING OK - OPPORTUNITY	AREA FOR FOCUS
Mental Health Stress:			
Psychological health <i>(thoughts, feelings, emotions)</i>			
Happiness			
Overall life stress			
Overall mental health:			

SOCIAL HEALTH	GOING GREAT	GOING OK - OPPORTUNITY	AREA FOR FOCUS
Social Health Stress:			
Social support:			
Loneliness:			
Overall social health:			

SPIRITUAL HEALTH	GOING GREAT	GOING OK - OPPORTUNITY	AREA FOR FOCUS
Flourishing:			
Overall spiritual health:			

WORKPLACE HEALTH <i>If Applicable</i>	GOING GREAT	GOING OK - OPPORTUNITY	AREA FOR FOCUS
Work Environment Stress: <i>(job satisfaction, workload, boss relationship)</i>			
Workplace wellbeing:			
Workload:			
Bullying/Discrimination/Harassment			
Overall workplace health:			

Now take a look at “Your Health Profile”. Consider where you are doing well and where there is opportunity or need to improve. Where you rate areas in the yellow or red zones, what actions can you take? Can you take these actions yourself or do you need a helping hand?

Priority areas for Focus	My Actions	Who might I ask for help

Make sure your actions lead to specific and measureable outcomes (your goals).

<b>ACTION PLAN</b> What new habit do you want to develop?	I will . . .	
<b>COPING PLAN</b> What barriers might you face? If they occur, what will you do about them?	If . . .	I will . . .
	If . . .	I will . . .
	If . . .	I will . . .

# Looking after yourself

## Attitudes

- Accept that it can take time to rebuild resilience / get out of the stress cycle - keep trying
- Accept that there are some things you have no control over
- Understand what might be worrying you and work out a plan to manage those things that are within in your control
- Reframe your thinking – Turn “I can’t cope” in to “I can cope - there are some things I can’t completely control but I will deal with them as they arise”
- Try to be organised and efficient so you have some time to yourself
- Keep your mind focused on the here and now
- Spend time reflecting on what you are grateful for / positive things that (most always) happen each day

## Physical

- Do regular physical exercise such as walking, swimming, cycling
- Make an effort to reduce or at least not to increase your intake of stimulants such as alcohol, tobacco and sugar as they keep the stress cycle going
- Get plenty of rest
- Re-establish routines and doing activities you may have stopped doing
- Eat regular, well balanced meals even if they are small
- Focus on “real”, unprocessed food
- Maintain your levels of Vitamins B, C, and E as these help keep us mentally and physically resilient
- Drink plenty of water

## Relationships

- Keep regular contact with people you like to be with
- Ask for help when you need it, many people enjoy giving help
- Make time to be with your family or friends
- Listen to others (sometimes they pick up things going on for you better than you do)
- Talk to people you trust about yourself and what is happening – they can help get it into perspective

## Relaxation

- Do regular relaxation exercises such as deep breathing, listening to quiet music, meditation
- Help manage body tension through massage or exercise
- Rest regularly, even if you can only do it for a short time
- Try to find something that will make you laugh.....and if you can’t, laugh anyway!

Good luck!! ***Remember that if you would like to speak to someone about how you are going you can contact a Defence Health Centre, your GP or confidential helplines - 0800 NZDF4U (0800 693348) or Healthline 0800 611 116.***

***You can also find a list of other useful contacts [here](#) and a list of useful websites and app [here](#).***