How am I Doing?

Use this quick tool to ask yourself “How am I doing?”

It will help you notice and be able to talk about changes in yourself, a co-worker, family member, or friend.

You may notice:
- physical changes
- changes in how you think, feel, and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

Green: Healthy
- Use simple coping tools: walk, talk to friends, music
- Limit news and media

Yellow: Reacting
- Get good sleep and eat well
- Seek support from others

Orange: Injured
- Time to get professional help

Red: Ill
- Get help now
- Call a crisis line

How am I doing?

What has changed?

How long have I been feeling this way?

I need help!

Check In With Yourself

Access the Continuum Self-Check Tool

theworkingmind.ca/continuum-self-check