

Your Personal Self-Assessment

Date.....

Age	10-14	15-24	25years	+						
How do you identify yourself: Lesbian, Gay, Bisexual, Transgender, Questioning, Hetrosexual, Other?										
Please read the following statements and rate 0 = not at all, to 5 – Being most of the time.										
I am feeling socially withdrawn I don't feel like talking.....	0	1	2	3	4	5				
I find difficulty getting to sleep or staying asleep	0	1	2	3	4	5				
My appetite has changed... I find myself eating too little or much more than usual	0	1	2	3	4	5				
I often feel tense or irritable	0	1	2	3	4	5				
I feel that life is hopeless and have thoughts of harming myself	0	1	2	3	4	5				
I worry that something bad may happen.	0	1	2	3	4	5				
I am using alcohol or recreational drugs to manage difficult emotions	0	1	2	3	4	5				

This Personal self-assessment can be used as a record of your thoughts and feelings and can help to you to recognise thought patterns or behaviours that indicate changes to your emotional well-being/mental health.

Scores within each category

0-2	<p>When aware that difficult thoughts/feelings/behaviours are emerging, engaging with trusted support networks (friends, partners, family members, or colleagues) to share your experiences can help to you to understand your situation better and begin to consider how best to deal with your difficulties.</p> <p>Self-help</p> <ul style="list-style-type: none">• Consider sleeping patterns and where by improving sleep hygiene you can improve wellbeing. https://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx https://www.nhs.uk/oneyou/sleep#1Z81VTS2HMyw06Vw.97 www.riversidenaturalhealthcentre.co.uk/• Exercise is important for supporting physical and emotional wellbeing. https://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx• The effect of diet and nutrition https://www.nhs.uk/conditions/malnutrition/causes/ https://www.newgendirect.com/index.php?route=common/home www.riversidenaturalhealthcentre.co.uk/• The effects of drugs and alcohol https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/effects-on-the-body/alcohol-and-illegal-
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	drugs/
3-5	<p>Where the frequency of your experiences cause increasing low mood, anxiety or hopelessness, seeking professional support (via GP, Counselling Services or Alternative therapies) can:</p> <ul style="list-style-type: none"> • Provide you with emotional containment • Develop your understanding of the triggers for emotional distress • Help you to identify negative thoughts and assumptions that affect your emotional and psychological well-being.

Within the Riverside Natural Health Centre our counselling services and alternative therapies can help to improve wellbeing.

Our counselling service aims to:

- support you to talk about difficulties
- help you to recognise thought patterns that create distress
- slow your emotional responses and enable you to make changes that will benefit your mental health

Other Therapies such as:

Hypnotherapy, CBT and Mindfulness - can help with thought processing patterns and stress related problems

Kinesiology and Nutrition - can help with diet, digestive problems, tiredness and brain focusing

Massage - can help with stress relief and physical empowerment.

Acupuncture - can help with emotional and physical issues.

For more information and an opportunity to discuss your needs for counselling (Free initial 10- minute discussion. Please contact us by email or telephone: Email: sue@riversidenaturalhealthcentre.co.uk Telephone: 07958605517/0115 9864990