

MindWell MOT Checklist (with example)

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Pressure levels

How are you feeling?

At optimum level

Calm
Focussed
Engaged

Too low

Bored
No motivation

Too high

Worried & stressed
Frazzled
Panicky
Overwhelmed

Energy reserves

Do you have enough energy in the tank?

High

Energised
 Motivated
Raring to go

Getting low

Tired
Feeling sluggish or slow

Very low

Run down
Exhausted

Battery recharge

I get6..... hours of unbroken sleep each night.



Most adults need an average of 7 to 9 hours of sleep per night. What do you need to feel your best? www.mindwell-leeds.org.uk/sleep

Do you take any breaks from checking your mobile? When and for how long?

Only at bedtime - I switch off at least 30 mins before.
I am trying to extend this to an hour.

Do you use it in bed at night?

No

Do you take at least 15 minutes a day to do something you enjoy, just for you, that doesn't involve a screen? What kinds of things do you do?

I read a book

Do you find ways each day to relax and unwind? How?

I start the day with some gentle stretches.

What's affecting your energy and pressure levels?

Children and home life
Becoming a parent
Work pressures
Family worries
Money or benefit issues
Caring for someone
Physical health problems
Bereavement
Divorce

Relationship problems
Experienced a crime
Moving house
Change of job
Redundancy or unemployment
Other big life event:
.....
Other:

Movement

What do you do to [keep active](#) during the day/week?

I walk 20 minutes to and from the bus stop.
.....

People aged 19-64 are advised to do 150 mins of moderate aerobic activity such as cycling or brisk walking every week.
www.mindwell-leeds.org.uk/exercise



How many hours do you sit using a screen during the day?

6 at least
.....

Do you take short regular breaks to move around throughout the day?

No. Just at lunchtime.
.....

Do your joints feel stiff and tense at the end of the day?

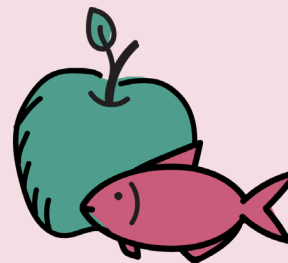
Yes
.....

Fuel

How many times a week do you sit down to a [meal cooked from scratch](#)?

3 times
.....

On average I eat**3**.....different vegetables each day.



Eating a rainbow of vegetables can help you to eat different vitamins & minerals & 5 fruit/veg is great.
www.mindwell-leeds.org.uk/eat-healthy

Do you comfort eat sugary foods when you feel under pressure or turn to processed foods & caffeine if you're feeling tired?

Yes often!
.....

Fluids & exhausts

I drink ...**2**..... glasses of water each day.

Try to drink 6 to 8 glasses of water per day.

I drink ...**3**..... cups of [coffee](#) and/or...**2**.....cups of [tea](#) each day.

Try to limit tea & coffee to 2 cups of coffee & 4 cups of tea a day. Don't drink caffeine after 6pm. Try herbal teas or water instead.

www.mindwell-leeds.org.uk/caffeine



I drink ...**5**..... [units](#) of [alcohol](#) per ~~week~~/month.

It's safest not to drink more than 14 units a week. Get tips to cut down or find help at www.mindwell-leeds.org.uk/alcohol

I'm a [smoker](#): YES X NO

I smoke ...**0**.....cigarettes a day.



Get tips & support to help you quit smoking at www.mindwell-leeds.org.uk/stop-smoking

Weekly maintenance



What activities do you do each week to support your emotional wellbeing and physical health?

> *I enjoy pottering in my garden*

> *I have stopped using my mobile in bed and read a book instead*

> *I have started volunteering a couple of times a month for a local charity - it's really rewarding.*

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