



Nursing and Midwifery
Health Program **Victoria**

Caring for nurses and midwives

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Health and Wellness Self Assessment

The NMHPV is committed to supporting a healthy and safe nursing and midwifery profession. Taking a few minutes to completing this Self Assessment Tool is one way of undertaking your own health review.

- 'Do you feel overwhelmed by the day ahead?' YES NO
- 'Are you running on empty?' YES NO
- 'Do you feel out of control and powerless in directing your life?' YES NO
- 'Do you feel overwhelmed by the simplest of things?' YES NO
- 'Do you feel ineffective and unimportant?' YES NO
- 'Do you feel alone?' YES NO
- 'Are you tired, grumpy, irritable and hard to get on with?' YES NO
- 'Have you lost your spark and zest for work or life?' YES NO
- 'Do you rely on alcohol or drugs?' YES NO
- 'Does your mood change if you can't have alcohol or drugs?' YES NO
- 'Is your alcohol or drug use making you unwell?' YES NO
- 'Are you forgetting important things in your work or private life?' YES NO
- 'Do you feel selfconscious, shame or paranoid about your alcohol or drug use?' YES NO
- 'Are others commenting negatively on your alcohol or drug use?' YES NO

If you scored YES to 4 or more questions you may benefit from a confidential conversation with the Nursing and Midwifery Health Program Victoria. Phone 03 9415 7551 or visit our website at: www.nmhp.org.au

Disclaimer: This is not a diagnostic tool but rather a guide for general wellbeing.