



## ‘Health & Wellness Self-Assessment Guide’

The NMHPV is committed to supporting a healthy and safe nursing and midwifery profession.

Taking a few minutes to complete this Self-Assessment Tool is one way of undertaking your own health review.

Please answer the following questions.

'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 self-conscious, 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 NMHPV.

**Nursing & Midwifery Health Program Victoria - 03 9415 7551 - [www.nmhp.org.au](http://www.nmhp.org.au)**

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