

## STRESS-FACTORS TO CONSIDER

# SELF-ASSESSMENT

Looking at your situation as a whole, what is currently supporting or affecting your wellbeing beyond just communication or PR?

How is your overall wellbeing at the moment, and what is contributing to it? It may be a good time to think about the following:	YES	NO
1. Are your feelings, thoughts and actions a concern?		
2. Could your physical health be a factor causing wellbeing issues?		
3. Are your family and friends and other personal relationships causing stress?		
4. Do you have financial, housing, work issues aggravating your wellbeing?		
5. Could your past experiences still be affecting you?		

Now that you have assessed your personal wellbeing beyond PR, do you think that **My PR-Wellbeing Companion** can help you to focus on your business communications or do you need to focus on other areas. If not:

**What strategies have helped in the past?**  
**What are your strengths and coping mechanisms?**

### CRISIS NUMBERS

Call **NHS 111** for advice or ask for an urgent GP appointment if you need urgent help for your mental health.

116 123 to talk to Samaritans

Text "SHOUT" to 85258