



QUESTIONNAIRE

Councillor self-health check-up

Are you:

Managing competing priorities well? Are there things you should de-prioritise for the moment?

Enjoying the right work-life balance at the moment? If you are overworked, has it been for a short time only, or is getting to be a long time?

Is there a clear separation between work and home life?

Are you spending time with friends and family, and allowing time for a hobby or your passions?

Exercising?

Eating well?

Sleeping well?

Are you 'switching off' for at least a few hours before bedtime every night? Or are you working 'round the clock'?

Getting enough rest? Remember, some people need more rest than others.

Do you feel:

Stressed? Have you been stressed for a while now? Have there been breaks between stressful periods or has it been constant?

Angry or grumpy, sad or depressed, overwhelmed, worried, restless or moody? (These can be signs of stress).

Interactions and conflict

Is there any conflict with other councillors, council officers, or community members, either involving you directly or just happening around you?

Are you taking negative interactions personally?

Do you dwell on negative comments or interactions for more than a few minutes?

Are you feeling strong and resilient? Are you assertive, but not aggressive or reactive?

Is negativity or anger from other people 'rubbing off on you'?

Are you:

Over-eating or under-eating? Drinking or smoking a lot?

Getting angry with other people? Or having relationship problems?

Avoiding people?

Getting headaches, or aches and pains, or an upset stomach, or getting tired easily, or getting sick?

How about some self care?

Workplace or professional

Try regular supervision or consulting with a more experienced colleague

Set up an informal peer-support group, or plan regular catch-ups

Attend professional development programs

Physical

Go for a walk at lunch time, or any time you have a problem to think through

Aim for a healthy diet

Limit your alcohol and other unhealthy habits

Turn off your work brain a few hours before bed and get a good night's sleep

Psychological

Take up a non-work hobby or schedule time for your existing hobbies

Make time to engage with positive friends and family

Keep a reflective journal

Emotional

Reflect each day – for example, write three good things that you did each day

Get involved and join a group with common interests

Talk to a friend about how you are coping with work and life demands

Spiritual

Try reflective practices like meditation

If you have spiritual beliefs, make time for regular spiritual practice

Connect with others who share your philosophy

Relationships

Prioritise close relationships in your life, such as partners, family and children

Connect with people and attend special events or visit your extended family and friends

More information

For more information and resources, view the Health and wellbeing training, available as an online module or printable document at www.dlgrma.qld.gov.au/training.