

REACH self-assessment

Select the signs and indicators in the chart that reflect how you experience stress.
Complete the REACH steps below and access resources.

Changes in your mental health	How are you coping?			
	Thriving	Unsettled	Struggling	In crisis
Change in Mood	<input type="checkbox"/> Calm <input type="checkbox"/> Confident <input type="checkbox"/> Normal mood fluctuations	<input type="checkbox"/> Impatient <input type="checkbox"/> Irritable <input type="checkbox"/> Nervous <input type="checkbox"/> Sadness	<input type="checkbox"/> Angry <input type="checkbox"/> Anxious <input type="checkbox"/> Pervasive sadness	<input type="checkbox"/> Easily enraged <input type="checkbox"/> Excessive anxiety/panic <input type="checkbox"/> Depressed mood, numb
Changes in Thinking and Attitude	<input type="checkbox"/> Able to concentrate and focus on tasks <input type="checkbox"/> Good sense of humour <input type="checkbox"/> Takes things in stride	<input type="checkbox"/> Displaced sarcasm <input type="checkbox"/> Intrusive thoughts <input type="checkbox"/> Sometimes distracted or lost focus on tasks	<input type="checkbox"/> Constantly distracted or cannot focus on tasks <input type="checkbox"/> Negative attitude <input type="checkbox"/> Recurrent intrusive thoughts/images	<input type="checkbox"/> Inability to concentrate, loss of memory or cognitive abilities <input type="checkbox"/> Non-compliant <input type="checkbox"/> Suicidal thoughts/ intent
Changes in Behaviour and Performance	<input type="checkbox"/> Performing well <input type="checkbox"/> Physically and socially active	<input type="checkbox"/> Decreased activity/socializing <input type="checkbox"/> Procrastination	<input type="checkbox"/> Avoidance <input type="checkbox"/> Begins to pull away from family <input type="checkbox"/> Decreased performance Tardiness	<input type="checkbox"/> Absenteeism <input type="checkbox"/> Can't perform duties/tasks <input type="checkbox"/> Is not mentally present at home <input type="checkbox"/> Withdrawal
Physical Changes	<input type="checkbox"/> Feeling energetic <input type="checkbox"/> Good appetite <input type="checkbox"/> Maintaining a stable weight <input type="checkbox"/> Normal sleep patterns	<input type="checkbox"/> Changes in eating <input type="checkbox"/> Some lack of energy <input type="checkbox"/> Some weight loss or gain <input type="checkbox"/> Trouble sleeping	<input type="checkbox"/> Fluctuations or changes in weight <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Restless sleep <input type="checkbox"/> Some tiredness or fatigue	<input type="checkbox"/> Cannot fall/stay asleep <input type="checkbox"/> Constant lasting fatigue/exhaustion <input type="checkbox"/> Extreme weight loss or gain <input type="checkbox"/> No appetite
Changes in Addictive Behaviours	<input type="checkbox"/> Limited alcohol consumption, no binge drinking <input type="checkbox"/> Limited/no addictive behaviours <input type="checkbox"/> No trouble/impact (social, economic, legal, financial) due to substance use	<input type="checkbox"/> Regular to frequent alcohol consumption, limited binge drinking <input type="checkbox"/> Some regular to addictive behaviours <input type="checkbox"/> Limited to some trouble/impact due to substance use	<input type="checkbox"/> Frequent alcohol consumption, binge drinking <input type="checkbox"/> Struggle to control addictive behaviours <input type="checkbox"/> Struggle to control addictive behaviours	<input type="checkbox"/> Addiction <input type="checkbox"/> Regular to frequent binge drinking <input type="checkbox"/> Significant trouble/impact due to substance use

Recognize

- How are you coping? Recognize the changes your experience when you experience stress or change.

Examine and acknowledge

What section did you most relate to how you handle stress?

- Healthy: Am I doing ok?
- Reacting: What has changed?
- Injured: How long have I been feeling this way?
- Ill: I need to access help. Visit the [Get and give help web page](#).

Acknowledge and practice self-compassion

- Acknowledge that what you are going through and the feelings you are experiencing are valid.
- Use mindfulness to recognize negative thoughts and emotions and observe them in a non-judgmental way.
- Be kind to yourself by using positive self-talk as opposed to being critical.

Connect to help

Determine your next steps based on your results.

Healthy: Embed health practices into your daily routines and engage in education and skill-building activities.

Reacting: Focus on the basics: Good sleep, eating well and being physically active. Take time to seek support from friends, family members and colleagues. Visit the [Self-help resources web page](#) to review the Wellness Wheel Self-Assessment and develop your self-care action plan.

Injured: Seek professional support, such as our 24/7 [Employee Assistance Program](#).

Ill: Visit the [Get and give help web page](#) for immediate support information and additional resources.

Note: This guide is adapted from the Mental Health Commission of Canada's Working Mind Self-Care and Resilience Guide.