The four pillars of health and wellbeing

Low mood and depression can be influenced by many parts of our lives – from housing and money worries to work, relationships and health. It can help to think about wellbeing as caring for your whole self – your physical, social, mental, and spiritual wellbeing. These four areas, or 'pillars,' overlap and can all be relevant in their own way to help with low mood and depression.

Physical wellbeing

Mental wellbeing

Social wellbeing

Spiritual wellbeing

Reflecting on your mental wellbeing

You might find it useful to use the checklist below to identify what matters most to you. You can then use the 'My Plan' worksheet to take steps that are important to you.

FACTORS THAT INFLUENCE MY MENTAL WELLBEING

Tick the ones that matter most to you and that you want to focus on.

- ☐ Having someone I can talk to about my feelings.
- ☐ Feeling able to trust friends or people in my life.
- ☐ Getting enough rest or sleep.
- ☐ Being able to eat in a way that supports my wellbeing.
- ☐ Moving my body in ways that feel manageable for me.
- ☐ Making time for things I enjoy.
- ☐ Feeling useful or helpful to others.
- ☐ Having opportunities to feel a sense of achievement.
- ☐ Being kind and accepting towards myself.

- ☐ Looking after myself during difficult times.
- ☐ Having a sense of purpose or meaning.
- ☐ Having ways to relax or feel calmer.
- ☐ Understanding what affects my moods.
- ☐ Knowing when and how to seek professional help.
- ☐ Being involved in my treatment and care as much as I want to be.
- ☐ Understanding and managing my medication in a way that works for me.
- ☐ Feeling confident that people close to me know what helps when I'm unwell.
- ☐ Feeling confident that people close to me know what to do in a crisis.

HEALTH CONNECTIONS