

Volunteer “capacity self-check” tool

How am I today?	Low impact risk	Moderate impact risk	Considerable impact risk	High impact risk
BODY (Physical)	I am physically healthy Healthy sleep	I have some physical issue(s) Sleep loss/ Fatigue	I have significant physical issue(s) Sleep issues/nightmares/ Exhaustion	I am overall physically unwell Insomnia
MIND (Psychological) We recognise that volunteering can be positive and good for our wellbeing	I'm not burdened by too many daily stressors Generally in good spirits Sense of purpose for volunteer role Room for complexity and learning	I have some daily stressors on my mind Change in my attitude to volunteering role / loss of interest Short fuse – crabbit Loss of motivation / loss of creativity	I feel burnout – coping with stresses of daily life is hard Often impatient and sense of sadness Perhaps fleeting thoughts of suicide	I feel angry, anxious, sense of hopelessness, always sad Feeling lost or out of control Negative about life most of the time More frequent thoughts of suicide – maybe some planning
RELATIONSHIPS (Social)	I am coping well with current life events Good social support (family, friends, colleagues etc) Able to enjoy your hobbies/pastimes	I have current life events playing on my mind Distancing from others Able to partly enjoy some hobbies/pastimes Avoidance	I am struggling with current life events Disconnected from good social support (family, friends, colleagues etc) Relationships may be suffering Rarely able to take part in hobbies/pastimes Perhaps some use of addictive behaviours to cope	I am not coping with current life events Self-isolation Relationships breaking down Unable to take part in hobbies/pastimes Frequent use of addictive behaviours to cope

How “incident ready” am I today?	READY	SOME STUFF GOING ON	LOTS GOING ON – TAKE CARE	CONSIDER CAREFULLY
	I feel prepared and I have capacity for complexity and challenge	I recognise that there is stuff going on that may affect my performance or how I might react to complexity and challenges	I recognise that I am very likely to be affected in terms of my performance and how I am likely to react to complexity and challenges	I recognise that I need some support and I should consider not deploying for my own safety and the possible safety of others.

What can I do to help myself?	MAINTAIN WELLBEING	BOOST WELLBEING	FOCUS ON WELLBEING	PRIORITISE WELLBEING
	Connect with others Be physically active Learn new skills Give Take notice	Actively engage in self-care and coping techniques If possible, engage in peer support and talk Reflect on your “Protective Armour” and Psychological First Aid Kit	Talk to those you trust about how you are feeling Don't ignore how you are feeling Engage with EAP or other support service and peer support	Talk to those you trust about how you are feeling Access support from GP and other services such as Police Scotland EAP, Rivers Centre (NHS)



Check the advice and support at www.lifelines.scot



This form has drawn on other ideas around Stress Continuum

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Volunteering to save lives

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