

# MENTAL WELLNESS CHECK

We've all had our bad days, but what if every day was starting to feel like a bad day? Tick each item on the list below and see how you've been feeling lately. Remember, if you're struggling, reaching out for help is a healthy start!

	not really	sometimes	always
I'd rather stay in bed all day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep ignoring calls from friends and family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am barely eating, or I'm overeating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't focus at work or school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't keep up with hobbies like before.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't or do not want to sleep at night.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am not taking care of my hygiene.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It always feels messy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous leaving my home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

