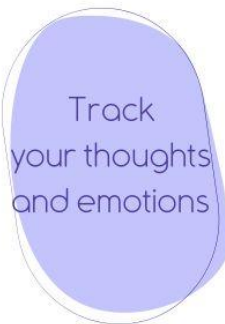


Mental Wellness Check

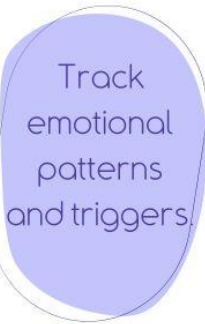
*Mindfulness
Check-In*



*Daily
Journaling*



*Mood
Tracking*



*Relationship
Review*



What is mindfulness? It is the practice of being fully present and aware of your thoughts, feelings, and surroundings without judgment.

Mindfulness activities to help you live in the present:

1. Meditate

Practicing meditation daily alone could be the #1 mindfulness exercise. It generally involves deep breathing exercises which enhance your concentration power and ability to control your thoughts. It also relieves you from racing thoughts, calms down your mind & body, and helps you get rid of stress.

2. Focus on your breaths

Focusing on your breathing pattern is one of the most recommended mindfulness activities. It helps you to lower your stress levels and live in the present moment.

Follow these steps to perform it:

- Look for a distraction-free and noise-free environment.
- Calm yourself and stay silent for a few minutes.
- Now focus on the air moving from your nose to your lungs and vice-versa. You can also focus on the air moving up and down from your nose. If you want, you can count those breaths too.

3. Scan your body from head to toe & vice-versa

To perform the body scan activity, here are the steps that you need to practice:

- Lie down or sit in a relaxed position and take a few deep breaths to slow down your breathing.
- Further, start breathing from belly instead of chest and feel each breath.
- Now navigate your attention from your feet to the head and feel each part of your body.
- Whenever you feel uncomfortable while focusing, visualize it leaving your body into the air.

This activity helps you relax, release stress and become mindful of your body.

Daily journaling:

To start journaling all you need is:

- An empty notebook
- Pen
- Alone time

Don't know what to journal? Start with these entries in the next 30 days and answer them honestly.

1. How do you feel now?
2. What Inspired you to start journaling?
3. What are 3 things you feel grateful for?
4. How do you feel about your life currently?
5. What are some good things happening in your life right now?
6. What are some things you are struggling with in life right now?
7. What do you need the most today?
8. What is bringing you joy lately?
9. Five things you like about yourself are...
10. Things you are good at are...
11. People who love and make you happier are...
12. What's your ideal day look like?
13. What were your biggest lesson you learned recently?
14. What are some hobbies you like to indulge in?
15. What is one thing you always wanted to try but too afraid to do?
16. Growing up you struggled with this the most...
17. Write a list of things you want to try or experience.
18. How do you like to take care of yourself? name some favorite self-care activities
19. How do you want to feel? What can you do to feel this?
20. How much do you love yourself on a scale of 1-10?
21. What are some obstacles stopping you from living your dream life?
22. What are your long-term goals?
23. What do you feel most passionate about?
24. What is something you are proud of?
25. How do you feel about your body?
26. Do you move your body often? What are some activities you do for your body?
27. What are your thoughts on what life should be?
28. Who is your role model and why?
29. If you could change one thing about your life, what would it be?
30. I feel most relaxed when I...

Mood Tracker: A mood tracker helps increase self-awareness by identifying emotional patterns and triggers, validating feelings, and supporting mental health. It promotes better self-care, facilitates communication with others about emotional states, and provides space for reflection, ultimately improving emotional well-being and mood management.

Key benefits of a mood tracker:

- Pattern recognition: Identify triggers and emotional patterns to manage moods proactively.
- Emotional validation: Acknowledge and validate your feelings, supporting mental health.
- Improved communication: Clearly express emotional needs to others.
- Mental health support: Track mood swings and work with a therapist for anxiety or depression.
- Self-reflection: Regular introspection encourages personal growth.
- Goal setting: Set and track progress toward improving emotional well-being.
- Personalized insights: Gain deeper understanding through data visualizations below is a daily worksheet you may use to track.

Mood tracker



Day:

How do I feel today?

About my day:

Self reflection:

What makes me feel bad?

What went well today?

What I am grateful for?



Evaluating your social interactions:

There is this quote from Sylvester McNutt III in his book *Free Your Energy*: “This is the season of life when harvesting love and good energy needs to occur daily. You deserve to feel wanted, valued, and cherished. You are also powerful enough to give that to others. This entire season of your life is about cultivating meaningful connections.”

He mentions in a section of his book that school serves as the *mecca* of social experiments. It connects people with like-minded individuals who share similar demographics. While a place of employment can also foster friendships, socializing there is often limited by the need to maintain professionalism.

Both school and work are comparable in the sense that they offer a sense of community. However, the important question to ask yourself is, “*Where can I go that fosters a sense of community?*” If you're invited to a social event, go—especially if it's a networking opportunity.

Seek out places that interest, inspire, and motivate you. How about that yoga class you've always wanted to try? Or Pilates? Maybe attending a seminar? We live in a generation that is often more focused on scrolling than on genuine human connection.

The feeling of belonging and community is essential for our mental health. So, I challenge you: look beyond your phone and connect.