



MENTAL HEALTH SELF CHECK-IN

Instructions: Use this worksheet to conduct a mental health self-check-in. Take a few moments to reflect on your mental health and write down your responses to the prompts below.

HOW AM I FEELING EMOTIONALLY?

Write down the emotions you are currently experiencing. Are you feeling happy, sad, anxious, angry, or any other emotions?

WHAT ARE MY CURRENT STRESSORS?

Write down any situations, events, or circumstances that are currently causing you stress or anxiety.

AM I TAKING CARE OF MYSELF?

Write down the things you are doing to take care of your physical and emotional well-being. This can include activities like exercising, eating well, getting enough sleep, and spending time with loved ones.

AM I GETTING THE SUPPORT I NEED?

Write down any sources of support you currently have, such as friends, family, or a therapist. Are these sources of support helping you manage your mental health?

WHAT CAN I DO TO IMPROVE MY MENTAL HEALTH?

Write down any steps you can take to improve your mental health. This can include practicing self-care, seeking out professional help, or making lifestyle changes.

WHAT ARE MY GOALS FOR MY MENTAL HEALTH?

Write down any goals you have for your mental health. What do you hope to achieve in terms of your emotional well-being?

WHAT RESOURCES CAN I TURN TO FOR HELP?

Write down any resources or support groups you can turn to for help. This can include therapist, support groups, or online resources.