

Mental Health Check-In

How am I feeling today?

- Happy
- Tired
- Calm
- Angry
- Anxious
- Overwhelmed
- Stressed
- Neutral
- Sad
- _____

How does my body feel?

- Relaxed
- Tense
- Headache
- Low energy
- Restless

What is on my mind right now?

What caused these feelings?

- Work
- Family
- Health
- Finances
- Relationships
- Unclear/Unknown
- _____

What have I done for self-care?

- Rested
- Exercised
- Ate well
- Talked to someone
- Took a break
- Prayed/Meditated
- _____

One thing I'm grateful for:

Reflections
