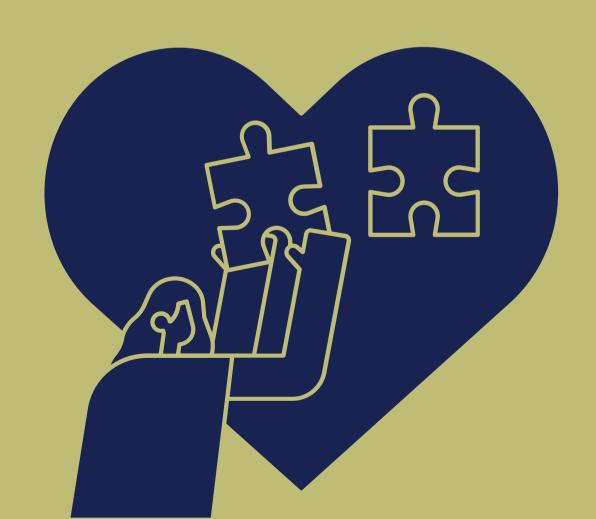


How to Check In On Your Mental Health

QUESTIONS TO ASK YOURSELF EVERY DAY





LET'S START BY ASSESSING HOW YOU ARE FEELING

Are you feeling stressed, anxiety, worry, sadness, or other *challenging emotions*?

The best way to track your mood is to take note of how you feel at the same time each day. You can purchase a notebook or journal. Use a scale of one through ten keep track of your numbers and mood. If your number goes down below five, I want you to pay attention to what could have triggered a shift in your mood. This is a sign you need to focus on your mental health.



Understanding your feelings

LEARN TO TRACK YOUR MOOD BY USING THIS SCALE

- 1 Suicidal Thoughts
- 2. I am highly depressed and overwhelmed
- 3. My mental health is declining rapidly.
- 4. Somewhat manic
- 5. Stable
- 6. I am doing okay
- 7. Things are going good
- 8. I am content
- 9. I am extremely happy
- 10. Life is going GREAT.

Daily Journal

Date:

I'm happiest when I...

WHAT TYPE OF PERSON ARE YOU TODAY?

I'm unhappy when I...

DESCRIBE THE PERSON
THAT YOU WANT TO BECOME

The person who makes me feel motivated is...

2 Things that make me laugh... 3 THINGS THAT INSTANTLY PUT ME IN A GREAT MOOD:

Weekly Mood Tracker

Month:

3 Things That Make Me Feel Good							×	
	S	М	т	w	т	F	S	
l slept well								
I ate well								
I exercised well								
I did my chores								
I felt confident								
I felt in control								
I'm proud of myself								
I felt loved								
I felt strong								

Date:

Daily Positivity

Re-frame your thoughts:

Write down every negative and self-limiting thoughts that you may believe about yourselfand transform them into positive thinking.

7	NEGATIVE THOUGHTS		7	POSITIVE THOUGHTS
		→		
		→		
] →		
] →		
		→		

Self-care Challenge

Write down your goal

Drink enough water

Eat healthy food

Go for a long walk

Spend time alone

Sleep for 8 hours

Meditate for 5 minutes

Create a new playlist

Cook your favorite meal

Try a new exercise

No TV night

Take a cold shower

Walk in the nature

Start journaling

Do a quick workout

Create a mood board

