

# Mental Health Checklist

How are you feeling?

- In the past couple weeks or days have you felt more stressed?
- Have you felt restless? Or have you been more tired?
- Have you had especially strong emotions?
- Is there something specific (like an action or event) that causes these emotions?
- How is your body feeling? Is there a specific area that is tight or sore?
- Have you gone outside today?
- Have you talked to someone you enjoy?