

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?

