

LET'S TALK  
ABOUT  
MENTAL  
HEALTH

# 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:



# Daily Positivity

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Date:

## Re-frame your thoughts:

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

↘ NEGATIVE THOUGHTS

↘ 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**

