

MENTAL WELLNESS CHECK-IN 10 QUESTIONS

1. If I am being honest with myself, what do I need to give more attention to?
2. How am I handling my emotions?
3. When am I giving my mind time for quiet reflection so that I can sort out my emotions and thoughts?
4. What would make my heart and my soul feel good?
5. When is the last time I did something to allow myself feel relief?
6. What can I do to allow myself to feel at peace or relaxed?
7. In what ways am I giving my mental wellbeing attention?
8. How am I supporting myself in selfish ways?
9. How can supporting my own mental health ultimately help me contribute to everything else in my life?
10. Who can I reach out to for support? When will I reach out to them and what will I say?