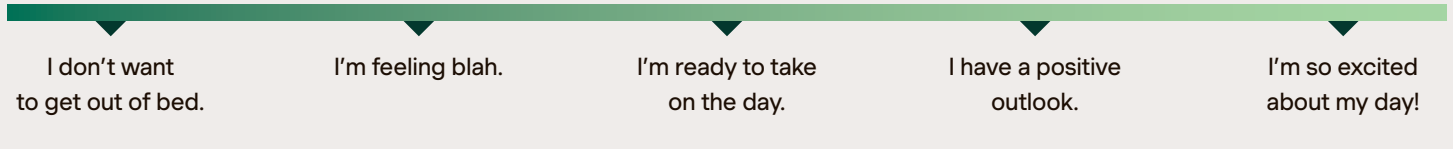# Mental Health Check-In

Mental health influences how you think, feel, act, and cope with challenges. Regularly checking in with yourself allows you to recognize potential concerns and respond early. This Mental Health Check-In Tool will help you reflect on how you're feeling and tap into coping skills to improve your mood.

Morning Check-In: *How do I feel at the start of my day?*

| I don't want to get out of bed. | I'm feeling blah. | I'm ready to take on the day. | I have a positive outlook. | I'm so excited about my day! |

If my day is off to a rough start, what emotions am I experiencing?

Sad — Angry — Stressed — Tired — Lonely

What can I do to help relieve these feelings?

| Call a friend | Journal | Do an activity I enjoy | Meditate, breathe, Moments exercise | Talk to a therapist or coach |

If my day is off to a great start, what emotions am I experiencing?

Calm — Happy — Hopeful — Loved — Excited

How can I make these feelings last longer?

| Hold boundaries | Manage stress | Make healthy choices | Follow my mental health care plan | Make time for activities I enjoy |

Evening Check-In: *How did today go? What did I do that made today better?*