







Mental Health CHECKLIST

- How are you doing today? How is your mood and energy?
- What kinds of nutritious foods are you eating?
- How many hours of sleep and are you getting?
- What is the quality of your sleep?
- Are you staying hydrated?
- What kind and how much fitness are you getting?
- What is your body telling you or showing you right now? ("I'm tired", "I'm sore", "I'm hyper", "I'm excited", "I am uncomfortable", "I am anxious")
- What are you doing for fun and play?
- How are you feeling? Can you explore why?
- How are you expressing your feelings?
- What's on your mind?
- What are you thinking about? What are you avoiding thinking about?
- Are your thoughts positive or negative? Exaggerated or minimized?
- Are your thoughts helpful or hurting?
- How are you managing your schedule?
- What's on your 'to do' list today?
- What stressors or triggers are causing you stress?
- How are you managing your stress and anxiety? (exercising, journaling, music, talking it out, cleaning, scheduling and planning, social media, Netflix, procrastination, perfectionism)
- Are you finding ways to feel calm and centered?
- How is your self-talk? (kind, compassionate, mean, critical, encouraging)
- What is making you happy and energized these days?
- Who or what is influencing you both positively and negatively?
- Who or what is inspiring you?
- How are you creating joy?
- What ways are you practicing self-care? (bubbles bath, alone time, music, lotion, massage, time in nature, rest, boundaries)
- What kinds of positive risks are you taking?
- How are you being brave?
- What are you thankful for?
- What are you most proud of?
- What are you most looking forward to?
- Who are you spending time with and how do feel afterwards?
- What are you looking at on social media?
- What are you watching on Netflix?
- What music are you listening to?
- Who is helping or supporting you?
- Who are you helping or supporting?
- What is one step you can take today to feel more balanced, healthy, happy, and whole?
- Are you praying and/or meditating?

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