

# Mental Wellness Checkup Worksheet

It's easy to lose track of your where you're mentally at in the chaos of day-to-day life. This worksheet is for those who need a place to slow down and take a moment to ask themselves "Am I really ok?"

How did you sleep last night?

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Have you had a chance to connect with someone recently?

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Have you experienced any discomforting emotions today? If you don't know the emotion, how would you describe how it made your body feel (e.g., stomach, shoulders, hands)?

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Is there anything on your mind that you'd like to share?

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