**🌿 Emotional Check-In  
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Take a deep breath — this is your safe space to notice how you truly feel today.**

**There are no right or wrong answers, only honesty for your own reflection and well-being.**

**✔️ Tick the option that feels closest to you.  
➕ At the end, add up your numbers to see your score.**

**1. How is your mood today?**  
☐ 😊 Good calm(3)  
☐ 😐 Up and down (2)  
☐ 😞 Low / irritable (1)

**2. Do you feel more energized or tired lately?**  
☐ Energized (3)  
☐ In-between (2)  
☐ Mostly tired (1)

**3. Have you been able to focus on daily tasks?**  
☐ Yes, easily (3)  
☐ Sometimes (2)  
☐ Hard to focus (1)

**4. Are you feeling connected to others or more withdrawn?**  
☐ Connected (3)  
☐ Sometimes connected (2)  
☐ Withdrawn (1)

**5. What is one emotion that shows up most often for you?**  
☐ Mostly calm/Hopeful /positive (3)  
☐ Mixed (2)  
☐ Mostly heavy/stress /Anger/Sadness (1)

**6. Do you feel hopeful about the future?**  
☐ Mostly hopeful (3)  
☐ Unsure (2)  
☐ Hopeless(1)

**7. How well are you sleeping these days?**  
☐ Restful (3)  
☐ Disturbed Sometimes2)  
☐ Poor (1)

**8. Are you able to show kindness to yourself when things go wrong?**  
☐ Yes, often (3)  
☐ Sometimes (2)  
☐ Rarely (1)

**✅ Your Score**

Add up all your numbers (max = 24, min = 8).

* **20–24** → 🟢 You seem balanced overall. Keep nurturing yourself.
* **14–19** → 🟡 A mix of ups & downs. Some gentle support could help.
* **8–13** → 🔴 You may be carrying heavy stress. Therapy could be a safe space for relief.

**🌿 Reflection**

Notice your answers — do they show balance, stress, or a mix of both?  
You might even want to jot them down or doodle them.

✨ If your responses feel heavy, uncertain, or confusing, it may be a gentle sign that extra support could help.

**⚠️ Important Note**

This check-in is for **self-reflection only**.  
It is **not a diagnosis** or a substitute for therapy.

If you are in crisis or experiencing overwhelming distress, please contact a **mental health professional** or **emergency service** immediately.

👉 *If you’d like to explore your score gently, therapy can be a safe place to begin.*