

Mental health check in

DATE _____

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

☐

☐

☐

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

☐

☐

☐

☐

MY RANKING OF MY MENTAL HEALTH THIS WEEK

