OCTOBER WELLNESS · HANDOUT

My Mental Health Check-In

A private, two-minute weekly check-in. Rate each area from 1 (very low) to 5 (very good). Look for patterns, not perfection.

This week, how is my…	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7
Mood							
Sleep							
Energy							
Stress level (5 = calm)							
Appetite and nourishment							
Movement							
Connection with others							
Enjoyment of things I like							
Focus and concentration							
Hope about the future							

Notice the Patterns

What helped this week?

What made things harder?

One small thing I'll do for my well-being next week:

When to Reach Out

- *Several areas stay at 1 or 2 for two weeks or more*
- *Loss of interest in things you usually enjoy*
- *Sleep or appetite changes that affect daily life*
- *Pulling away from people you care about*
- *Using alcohol or substances to cope*
- *Feeling hopeless, or thinking life isn't worth living*

Support is available. Free anonymous screening: **mhascreening.org** · Talk to your doctor, a counselor, or your EAP · In crisis: call or text 988. A check-in is not a diagnosis; it's a first step toward understanding.