

Daily Mental Health Check-In

A quick record of your mood, energy, body, needs, and next step.

Mood

Which words describe it?

Energy

Low, steady, restless, or high?

What I notice in my body

Tension, heaviness, warmth, movement, numbness, or ease.

What may be affecting me

A moment, thought, environment, interaction, or change.

What I need more of

Rest, clarity, food, space, support, movement, reassurance, or something else.

One next step

Choose something small enough to do, ask for, or schedule.
