

Mental health check in

DATE _____

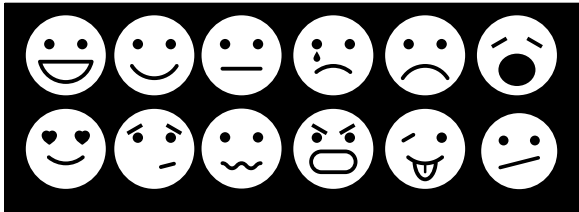
HOW ARE YOU FEELING TODAY? _____

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

- _____
- _____
- _____

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW? _____

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH? _____

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

- _____
- _____
- _____
- _____

MY RANKING OF MY MENTAL HEALTH THIS WEEK

