MENTAL HEALTH CHECK-IN

On a scale of 1-5, how would you rate the following:

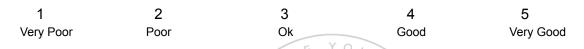
Mood:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Energy:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Sleep:



Nutrition:

1	2	ξ 3 N	4_{m}	5
Very Poor	Poor	Ok	Good	Very Good

Hydration:

1	2	\° 3	√ ³ ⁄4	5
Very Poor	Poor	Ok	Good	Very Good

Stress Level:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Social Life:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Relationships:

1	2	3	4	5
Very Poor	Poor	Ok	Good	Very Good

Self-care

2 1 3 4 5 Very Poor Poor Ok Good Very Good **Overall health** 1 2 3 5 4 Very Good Very Poor Poor Ok Good

For each question scored 3 or below, what factors are causing these areas of your life to suffer?

For each question scored 4 and above, what are you doing that is enhancing these areas of your life?

What steps would you like to take to improve your mental health?



