

# Mental Health Checklist

Use this checklist as a guide, so you can start to get a better understanding of your mental health and what you need to do to take care of yourself.

DATE / /

1. How am I feeling today?

-----

2. Have I experienced any negative thoughts or emotions today?

-----

3. Have I engaged in any self-care activities today?

-----

4. Have I connected with any loved ones or support system today?

-----

5. Did I do anything today that made me feel good?

-----