

# Mental Health Check In

-  How am I feeling today (hungry, tired, angry, thirsty, lonely)
-  Have I been properly taking care of myself today
-  I'm going to continue taking care of myself by\_\_\_\_\_
-  Have I been thinking any negative thoughts today?
-  Have I been productive today?
-  Box breath (in for 5, hold for 5, out for 5, hold for 5)
-  Drink water (8oz)
-  Clean eating
-  Exercise for at least 10 minutes
-  Home organization or cleaning

