



Checking in on your mental health is a crucial part of maintaining mental wellness. Check out a few ways you can do mental health check-ins!

QUESTIONS TO ASK YOURSELF

These questions will help you to center yourself in your body, identify and validate your feelings, and encourage general self-awareness.

- “What am I grateful for today?”
- “How am I feeling right now?”
- “What can I do for myself today?”
- “Am I using kind language when speaking or thinking about myself?”
- “Is there anything making me feel overwhelmed right now?”
- “What is one thing I can accomplish today?”

ACTIONS TO TAKE

- **Mental Health Screenings:** Mental health screenings, like the free and anonymous screening that Easterseals MORC offers, give you the opportunity to check in with yourself and provide additional resources if needed. Click [HERE](#) to access the screening.
- **Journal:** Take a moment to reflect on each day by journaling about how you felt throughout the day and what made you feel that way.
- **Physical Activity:** Incorporating physical activities that you enjoy into your routine gives you the opportunity each day to invest time in yourself.
- **Connect with Friends and Family:** If you have something weighing on you, connecting with friends or family can be a great outlet for expressing how you are feeling.
 - Need support now? If you or a loved one is experiencing a mental health crisis, call or text 988 or use the chat at 988lifeline.org

Easterseals MORC has many free downloadable resources, like this one, available for the community. To access more free resources or learn more about services, please visit www.EastersealsMORC.org