Weekly personal mental health check-in

Use the table below to help you check-in with yourself each week and identify any changes in your ability to cope. If you notice any changes, make a note of what strategies you are going to try to take care of yourself.

Area of check-in	Answer
Feelings Have you noticed any changes in how you have been feeling this week? Give yourself a score from 0 (not at all) to 10 (extremely) of how stressed, anxious or down you are feeling	
Body Have you noticed any changes in your own body? Do you have tight shoulders or jaw, tightness in your chest, dryness of mouth, difficulty breathing or heart racing?	
Sleep Have there been changes in your sleep pattern? Are you struggling to get to sleep, waking in the night or waking earlier than usual and finding it difficult to get back to sleep?	

Area of check-in	Answer
Thoughts Have you been focusing on 'what if' situations? Are you always worrying about the worst-case scenarios?	
Reactions & Behaviour Have you been acting differently to those around you or how you treat yourself? Are you snapping at those you love, finding it extremely difficult to focus, or always depending on things like alcohol or food to cope?	
Check-in with a friend Do you have someone to speak to about how you're feeling this week?	

Strategies to try this week (circle which ones you will try):

- Make a self-care plan
- Do a physical activity or get fresh air daily
- Do something I enjoy each day
- Notice my thoughts and try to think in a helpful way
- Try an online tool and engage each day
- Seek professional help