

My Wellbeing Check-In

A quick check-in can help you notice how you are doing before things become overwhelming.

How am I feeling today?

Try naming a few emotions, even if they seem mixed.

What has been taking up most of my headspace?

How is my energy?

Low, steady, restless, drained or something else?

How have I been sleeping?

What has felt difficult recently?

What has been going well?

What do I need more of right now?

One thing I can do for myself today is...
