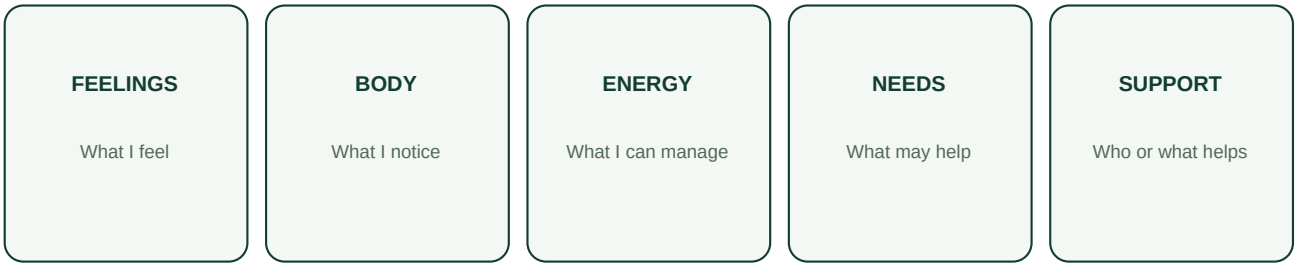
My Wellbeing Check-In

A gentle pause to notice how you are and what you need

Wellbeing changes from day to day. A check-in is not a test, a score or a demand to feel better. It is an opportunity to notice emotions, body signals, energy, support needs and one manageable next step.

Five areas of a wellbeing check-in



Notice without judgement. Choose support, not perfection.

How to use this resource

Take a few minutes, or complete one question at a time. You can write, draw, use single words or ask someone to support you. Skip any prompt that does not feel helpful.

What is included

1. A five-part wellbeing check-in diagram
2. Worksheet 1 – How Am I Feeling?
3. Worksheet 2 – My Body & Energy
4. Worksheet 3 – What Do I Need?
5. Worksheet 4 – My Gentle Next-Step Plan

A check-in can show you what needs attention; it is not a diagnosis or a substitute for professional support.

Worksheet 1 | How Am I Feeling?

There is no right answer. You may feel several emotions at once, feel unsure, or notice that your feelings change.

Words that describe how I feel right now

What has been weighing on me?

What has felt comforting, meaningful or manageable?

What I want to acknowledge without judging myself

Tip: If naming emotions is difficult, start with pleasant, unpleasant, mixed or unsure.

Worksheet 2 | My Body & Energy

Notice your body and available energy with curiosity. Pain, fatigue, sensory load, illness and stress can affect your capacity.

My energy today (low, medium, high or changing)

Physical signals I have noticed

Sensory or environmental factors affecting me

What might help my body feel more comfortable?

Remember: Needing rest or adjustments is useful information, not a personal failure.

Worksheet 3 | What Do I Need?

Consider emotional, practical and relational needs. Some difficulties require support or changes in circumstances, not simply a change in mindset.

Something I need more of right now

Something I need less of right now

A boundary or adjustment that could help

A person, service or resource I could turn to

It is okay to need company, privacy, food, quiet, practical help or more time.

Worksheet 4 | My Gentle Next-Step Plan

Choose a realistic next step that fits your capacity. This plan is flexible; you can change it whenever your needs change.

One small thing I can do for myself today

One thing I can postpone, simplify or ask help with

Someone I can contact or a support I can use

How I will know it is time to pause or rest

A kind reminder I want to carry forward

A gentle reminder

You do not have to fix everything today. Noticing how you are and responding with care is enough for this moment. If you feel unsafe or at risk of harm, seek urgent support.