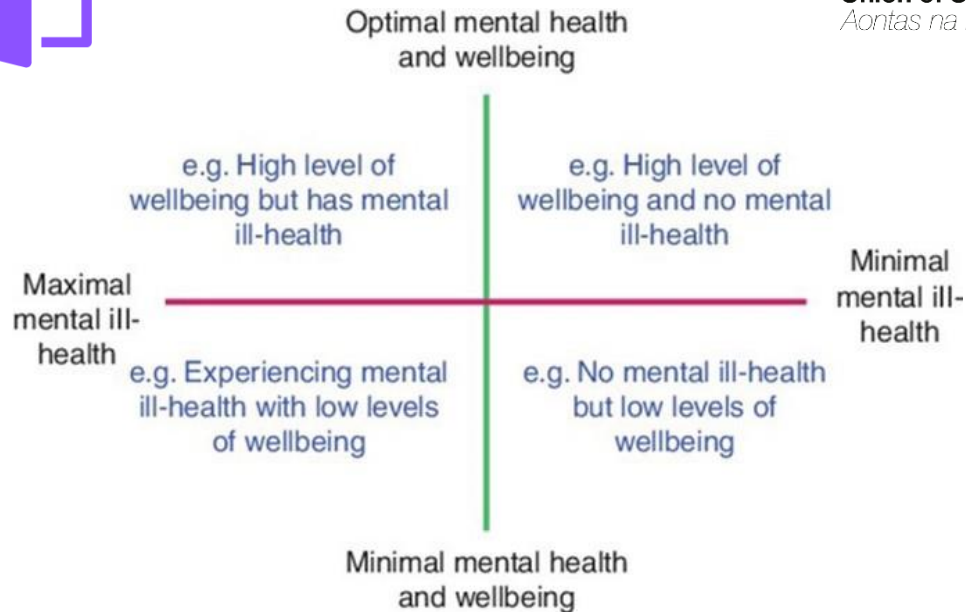
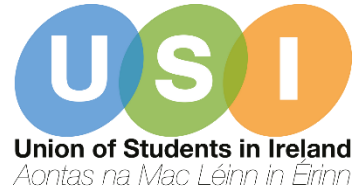




Check In With Yourself



This worksheet allows you to check in with your wellbeing and mental distress levels. It helps to check in with this tool at regular times to see how things are fluctuating or staying the same. If you are consistently in the bottom left corner, please reach out for help, and make sure you are getting the support that you need.



For each of the areas of the wheel, either give each section a score out of 10, or colour in how full you think this area is in terms of how things are going in that part of your life. It works best if you complete this every month or so, so you can see which areas are fluctuating and which are consistently high or low

Fill in the blank section with a part of your life that's important but not already listed

see mentalhealth.usi.ie for sources of help with your mental health.



Daily Check In



Today I am feeling:

My energy levels are:

My main goal today is:

I will take time for myself today by:

The thing that I want to remember today is:

If I am not feeling good today, I will talk to:

see mentalhealth.usi.ie for sources of help with your mental health.