



WELLNESS TOOLS / EVERYDAY MENTAL WELLNESS

Mental Wellness Check-In

A quick check of how you are doing - before you automatically say "fine."

4 MIN

Small enough to use today. Practical enough to use again.

Mental wellness changes from day to day. A check-in helps you notice patterns and decide whether you need rest, support, a practical change, or more help.

Rate each area from 1 to 5

STRESS 1 = manageable 5 = overwhelming

MOOD 1 = steady 5 = very low, irritable, or distressed

SLEEP 1 = rested 5 = sleep is a major problem

ENERGY 1 = okay 5 = exhausted or unable to get going

CONNECTION 1 = supported 5 = isolated or pulling away

COPING 1 = healthy tools are working 5 = my usual tools are not enough

Pay attention to change

One hard day happens. A noticeable change that lasts, worsens, or interferes with daily life deserves more attention and support.

Write it down

The area I most need to support today:

Someone or something that could help:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.