



WELLNESS TOOLS / FAMILY WELLNESS

# Family Mental Wellness Check-In

Ten minutes of conversation can help families notice stress before it becomes the only thing anyone is talking about.

10 MIN

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

A family check-in is not a meeting to solve every problem. It is a short chance to notice what is going well, what is hard, and what each person needs.

## Ask everyone the same four questions

- 1 What was one good thing about your week?
- 2 What felt hard or stressful?
- 3 What do you need more of this week - help, quiet, time together, rest, movement, fun, or something else?
- 4 Is there anything you want us to know but have not known how to say?

## Family rule

Listen before solving. If someone shares something serious, thank them for telling you and focus first on safety and support.

## Write it down

One thing our family could do this week that would make life feel a little easier:

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**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](mailto:kerry@asaap-ne.org).