

Mental Health Self Check-In

It's so important to check in with yourself and your mental health.

With this self check-in, you will be able to reflect on how you are feeling and the emotions you may be experiencing.

Ask yourself these questions and reflect.

How am I feeling today?

What have I done today that brings me joy?

Have I eaten well today?

Have I moved my body today?

Have I connected with someone I love?



Atlantic Health System
