

inspired

[to make healthy choices]

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Mental Wellness Check In

Mental health includes emotional, psychological and social well-being and affects many aspects of your overall health.

Setting aside time to intentionally check in with yourself and pay attention to how you feel can help increase your mental wellness. Here are a few ways you can try this:

MORNING CHECK IN

Set your timer for 1 minute and focus on your breathing. Then, ask yourself two morning questions.



Write or think about:

- What am I grateful for?
- What would make today great?

H.A.L.T. CHECK

If you're feeling upset, before you react, ask yourself:

Am I Hungry? Angry? Lonely? Tired?

Your feelings may be amplified by basic needs that aren't being met.

BODY SCAN

This activity is a form of meditation where you can tune into your body to notice what you're feeling.

- Get comfortable. Close your eyes and focus on your breath.
- Focus on a specific part of your body (you may want to start with your feet) and spend 30-60 seconds noticing sensations.
- Imagine the tension decreasing from that body part with each breath.
- Move your focus to the next part of your body (moving up from feet to legs, to stomach, to chest, to arms, to hands, to head, etc.).
- If your thoughts wander, gently bring your awareness to the body.
- As you begin to wrap up, let your awareness travel across your whole body. End by releasing your focus and noticing your surroundings.

EVENING CHECK IN

Set your timer for 1 minute and focus on your breathing. Then, ask yourself two evening questions.



Write or think about:

- How do I feel at this moment, physically and mentally?
- What's one good thing that happened today?

If you find it difficult to check in with yourself, or if your check-ins reveal consistent negative feelings, help is available. SAMHSA can help connect you to treatment centers, helplines and more at samhsa.gov/find-help.

The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals by calling or **texting 988** or **chatting 988lifeline.org**.

