

# WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS  
YOUR STRESS



## Where's my mental health today?

How do I feel today?

\_\_\_\_\_

Mentally?

\_\_\_\_\_

Physically?

\_\_\_\_\_



## Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

\_\_\_\_\_

How did I sleep last night?

\_\_\_\_\_

Did I feel rested when I woke up?

\_\_\_\_\_

Is there anything I can improve?



## How's my thinking today?

How are my thoughts making me feel?

\_\_\_\_\_

Am I having unhelpful thoughts?

\_\_\_\_\_

For free resources on spotting and challenging unhelpful thoughts, visit [getselfhelp.co.uk](https://getselfhelp.co.uk) or create Your Mind Plan with **Every Mind Matters**



## My Stress Container

How full is my container?

\_\_\_\_\_

Am I using helpful coping strategies?

\_\_\_\_\_

Are they working?

\_\_\_\_\_

Learn about your stress container here: [mhfaengland.org/mhfa-centre/resources](https://mhfaengland.org/mhfa-centre/resources)



MHFA England

There are simple steps you can take to **#AddressYourStress**. Check out our resources at [mhfaengland.org](https://mhfaengland.org)