QUICK TIPS

mental health check-up for adults

connections

The people and connections we focus on have great influence on our mental health. Focus on the connections that fill you up, not those that drain you.

support

Which people have been there for you the most in the last year? Do you feel you have a support system you can rely on when you need help? Do you need additional support?

mood

Become aware of where your mind is spending time – is it helping or hurting you? Try to recognize and track negative "triggers" to help you better identify, prepare and make changes the next time around.

sleep

Have you been getting quality sleep, going to bed & waking at consistent times? Are you overly fatigued or tired at the end of the day or week?

nutrition

How is your appetite? Have your appetite or eating habits changed recently? Are you including a variety of foods in your diet? Nutrition is important, but low appetite can also be signs of depression and other mental health concerns.

exercise

What have you been doing for exercise? Have you found movement you look forward to each day? Moving your body daily can improve your mood and mental health. Simply taking a short walk can shift your day immediately.

mindset

What's taking up most of your headspace right now? Are those thoughts serving you or could you use a mindset shift? Are you focused on the future? What could you start doing that your future self would thank you for?