Mental Health Check-in

El Sol
NEIGHBORHOOD EDUCATIONAL CENTER

It's understandable to feel overwhelmed with all the continuous stream of information due to COVID-19; a self-care plan can help you focus, make decisions and stay healthy.

Here are six areas you should check-in when it comes to your mental health.

1. Feelings

Keep track of your feelings by setting a reminder in your calendar or phone each week for a quick check-in on a scale from 0 (not at all) to 10 (very) of how stressed, anxious, or down you are feeling.

The scores may fluctuate throughout the week, but if you notice the scores are increasing and staying very high, then it's time to prioritize your mental health.

2. Body

Take a moment to notice any tension in your body, like tight shoulders, chest, or jaw. Other signs that you might be feeling stressed include dryness of the mouth, difficulty breathing, and a racing heart.

3. Sleep

Have there been changes in your sleep pattern? If you are constantly struggling to get to sleep, waking in the night or waking earlier than usual and finding it difficult to get back to sleep, these are signs your mind is unable to switch off and relax.

4. Thoughts

Are you constantly worrying about the worst-case scenarios? Are you wondering if things will ever get better or if you will be able to cope? To worry about the 'what if' scenarios is not useful and it is best to try to limit this as much as possible.

5. Reactions/behavior

Every day brings challenges but it's how we deal with them that shows how we're coping.

If you find yourself frequently snapping at those you love, finding it extremely difficult to focus, or depending on things like alcohol or food to cope, it is time to prioritize your mental well-being.

6. Check-in buddy

Choose a check-in buddy. It may be your partner, roommate, or even a friend or colleague you're keeping in touch with via video messaging. Be honest about how you are coping.

Remember that you are in physical isolation, not social isolation. When we're at home, we may need to be creative in adapting the strategies we usually use.

For example, if socializing helps your mood, schedule a virtual coffee. If going to the gym helps you reduce stress, try an online workout. If taking time out helps, find a quiet place, take a few deep breaths, go for a walk or listen to music.

Weekly Personal Mental Health Check-in Template

Today I am...

Use the table below as a weekly check-in to help you identify any changes in your ability to cope. If you notice any changes, make a note of what strategies you are going to try, to take care of yourself.

Week Date: _____

Area of check-in	Answer
Feelings Have you noticed any changes in how you have been feeling this week? Give yourself a score from 0 (not at all) to 10 (extremely) of how stressed, anxious or down you are feeling.	
Body Have you noticed any changes in your own body? Do you have tight shoulders or jaw, tightness in your chest, dryness of mouth, difficulty breathing or heart racing?	
Sleep Have there been changes in your sleep pattern? Are you struggling to get to sleep, waking in the night or waking earlier than usual and finding it difficult to get back to sleep?	
Check-in buddy Have you spoken to your check-in buddy about how you're feeling this week?	
Reactions & Behavior Have you been acting differently with people or treating yourself differently? Are you snapping at those you love, finding it extremely difficult to focus, or relying on things like alcohol or food to cope?	
Thoughts Have you been focusing on 'what if' situations? Are you always worrying about the worst-case scenarios?	

Strategies I will try this week

- ◯ Make a self-care plan
- ◯ Do a physical activity each day
- ◯ Do an enjoyable/fullfiling activity each day
- ◯ Pay attention to my thoughts and behaviors and try to think in a positive way
- ◯ Learn something new
- ◯ Get professional help when I need it