



May → Mental Health Awareness Month

You can use the questions below in whichever way that suits your needs the best. Perhaps as journal prompts, items to talk about with your friends or family, or for self-reflection while you're out for a stroll.

Is my current routine meeting my basic needs?

- ☞ Sleep?
- ☞ Nutrients?
- ☞ Hydration?
- ☞ Movement?
- ☞ Rest?
- ☞ Leisure?

No →

What **small** shifts can I make **daily** that support my mental and physical wellbeing?

And →

What resources can help to support me?

- ☞ Therapist
- ☞ Family
- ☞ Friends
- ☞ Books
- ☞ Podcasts
- ☞ Self-monitoring app

Yes ↓

Am I feeling stressed, anxious, and/or depressed?

No →

Are there any new skills that I'd like to learn, hobbies or interests that I'd like to pursue?

No →

In what ways can I give back to others, build community, & strengthen my relationships?

Yes ↓

Yes ↓

And ↓

How can I best support myself? Some ways might include:

- ☞ Setting boundaries or saying no
- ☞ Creating a mindfulness practice to connect with your body and mind
- ☞ Noticing how you feel in your body and taking inventory of any emotions that come up
- ☞ Taking initiative on your to-do-list
- ☞ Resting or doing something that you enjoy
- ☞ Connecting with others
- ☞ Communicating your needs
- ☞ Learning new emotional regulation coping skills

Regarding time, energy, and money:

- ☞ Am I spreading myself too thin **or** living outside of my means?
- ☞ Do I feel like my commitments are energy depleting **or** energy giving?
- ☞ Am I honouring my needs and where I'm at?

Continue emotional check-ins with yourself:

- ☞ How am I feeling in my body (tension? Aches? Pains? Discomfort?)
- ☞ Am I present and grounded?
- ☞ How am I feeling on an emotional level?
- ☞ What are my main values in life?
- ☞ Have I been acting in accordance with my goals and values?