

MENTAL HEALTH CHECK-IN

Take a moment to check in with yourself. This simple self-assessment can help you examine your current emotional, psychological, and social wellbeing — and understand when it may be time to seek extra support.

Emotional Outlook

- I've been feeling mostly positive or content lately.
- I can identify my emotions and express them safely.
- I don't feel overwhelmed by stress on a daily basis.
- I feel hopeful about the future.

Mental Focus

- I can focus and concentrate without major difficulty.
- I sleep fairly well most nights.
- My thoughts aren't racing or stuck in loops.
- I don't constantly feel anxious or on edge.

Daily Functioning

- I'm keeping up with work, school, and/or home responsibilities.
- I still feel motivated to do things I usually enjoy.
- My eating habits are steady and balanced.
- I feel like I'm thriving — not just surviving.

Connection + Support

- I have someone I can talk to honestly.
- I don't feel completely alone.
- I can ask for help when I need it.
- I'm kind to myself, even on hard days.

Mental Health Attitudes

- I think everyone can benefit from therapy.
- I'm confident I could find the right therapist if I needed one.
- I'm worthy of feeling happier and healthier.
- I would not feel embarrassed about seeking out mental health support.

If you checked off fewer than 10 boxes...

You're not alone! Millions of people struggle with similar issues every day. But only you can know if you are struggling.

If you need support, MindGlow Health offers secure, private online therapy and psychiatry that fits your life. Our services are easy to use, accessible from the privacy of your own space, and feature licensed, compassionate providers ready to help.

Visit mindglowhealth.com

Your mental health matters. You deserve to feel better.