

# 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?

Check out [getselfhelp.co.uk](https://getselfhelp.co.uk) or [moodgym.com.au](https://moodgym.com.au) for free resources on spotting and challenging unhelpful thoughts



## 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/campaigns/mhaw2018](https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018)



MHFA England

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