

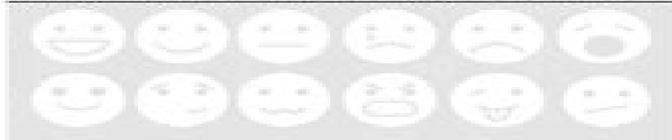
# Mental health check in



DATE \_\_\_\_\_

HOW ARE YOU FEELING TODAY?

HOW ARE YOU FEELING TODAY?



HOW CAN YOU IMPROVE YOUR MENTAL HEALTH?

WHAT HAVE BEEN YOUR THREE DOMINANT EMOTIONS THIS WEEK?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHAT DO YOU FEEL GOOD ABOUT RIGHT NOW?

THINGS THAT TRIGGERS NEGATIVE EMOTIONS

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

MY RANKING OF MY MENTAL HEALTH THIS WEEK

# Wellness Worksheets

**Zhe Xu**



## **Wellness Worksheets:**

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