

My October Mental Health Check-In

Before the holidays begin, take a few quiet moments to reflect on how you're really feeling. Use this worksheet to notice mood shifts, emotional triggers, and simple steps to nurture your mind and body through the season ahead.

1. Mood Awareness

- Sad or down more than usual
- Irritable or easily overwhelmed
- Fatigued even with enough sleep
- Disconnected or unmotivated

2. Energy and Lifestyle

- Am I getting at least 15–30 minutes of sunlight most days?
- Am I moving my body regularly (walking, stretching, or exercise)?
- Am I eating balanced meals with fruits, vegetables, and protein?
- Am I spending too much time on screens or scrolling late at night?

3. Emotional Checkpoints

- What has been stressing me lately?
- Who can I talk to when I feel low?
- What activities make me feel calm or joyful?
- Is there anything I've been avoiding emotionally?

4. My Plan Before the Holidays

1. _____
2. _____
3. _____

■ Reminder: Your emotional wellbeing deserves attention — before the stress of the holidays begins.