

Mental Health Checklist

Taking care of your mental health is crucial as you embark on your journey of discovering your voice in storytelling and advocacy. This checklist will help you assess your mental well-being and provide guidance on seeking support when needed.

Adapt this resource to suit your individual needs.

01

Check-in with Yourself

- How am I feeling today? (Sad, happy, anxious, etc.)
 - Am I experiencing any physical symptoms of stress or anxiety?
 - Am I sleeping well?
 - Am I eating balanced meals regularly?
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02

Recognize Emotions

- Can I identify what triggers my emotions?
 - How do my emotions impact my storytelling and advocacy journey?
-

03

Practice Self-Care

- Am I engaging in activities that bring me joy and relaxation?
- Am I taking breaks when needed?
- Am I prioritizing my physical health, such as exercise?
- Am I setting boundaries to protect my well-being?

04

Support System

- Who are the people in my life that I can turn to for support?
- Have I reached out to someone to talk about my feelings and experiences?
- Do I feel comfortable discussing my mental health with trusted individuals?
- Am I aware of professional mental health resources available to me?

05

Self-Reflection

- Am I practicing self-compassion and understanding during challenging times?
- Am I celebrating my achievements and progress in my storytelling and advocacy journey?

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Regularly use this checklist to assess your mental well-being, seek support when needed, and practice self-care. Take small steps towards prioritizing your mental health, and remember that you are not alone in this journey.

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