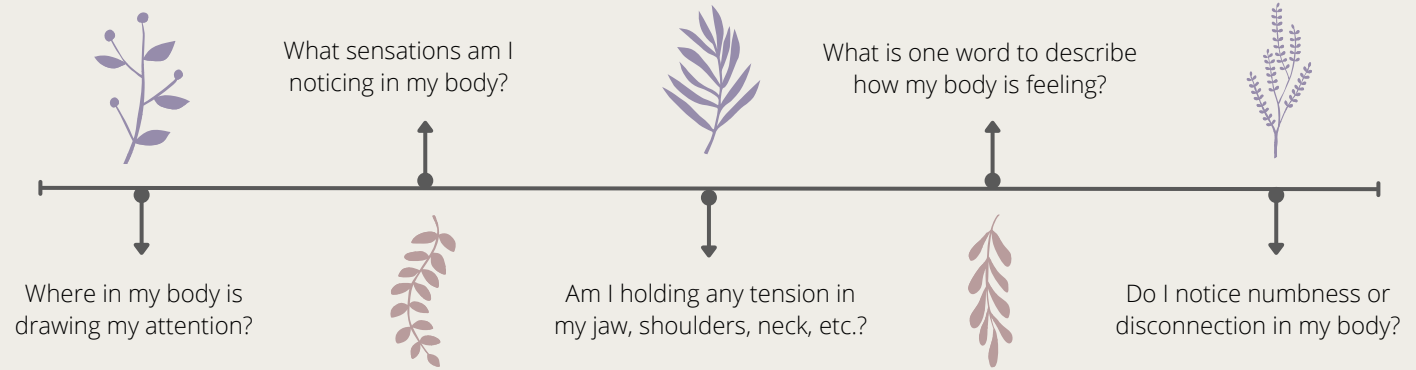


SOMATIC MENTAL-HEALTH CHECK-IN

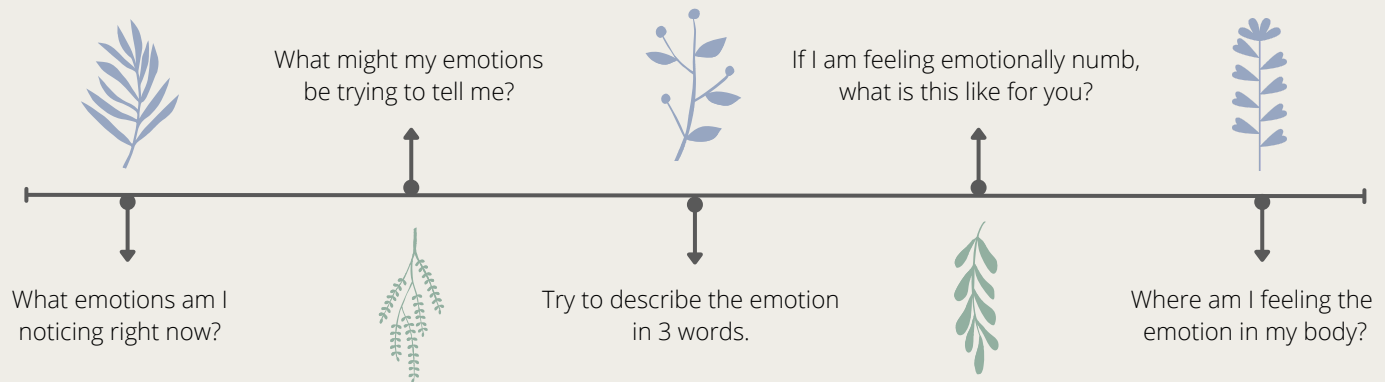
01

CHECK IN
PHYSICALLY



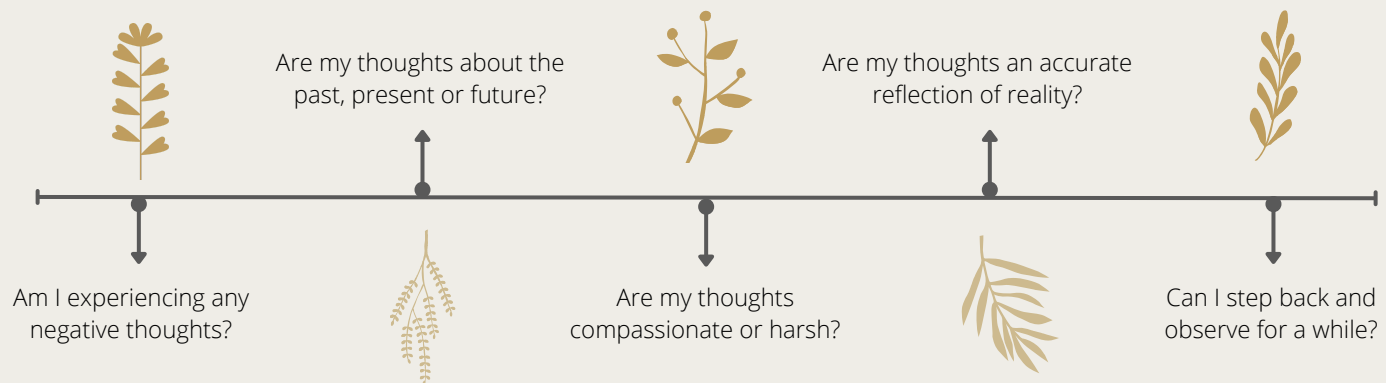
02

CHECK IN
EMOTIONALLY



03

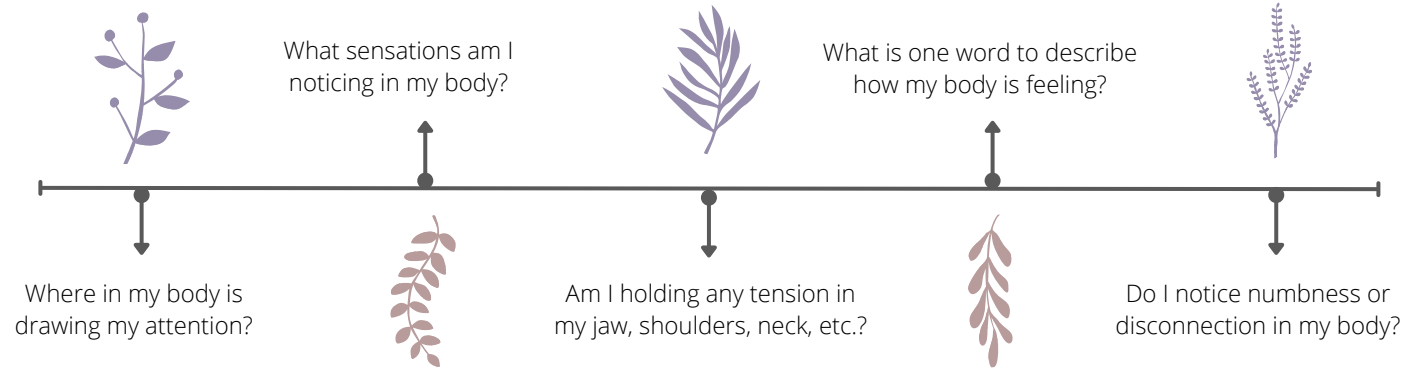
CHECK IN
MENTALLY



SOMATIC MENTAL-HEALTH CHECK-IN

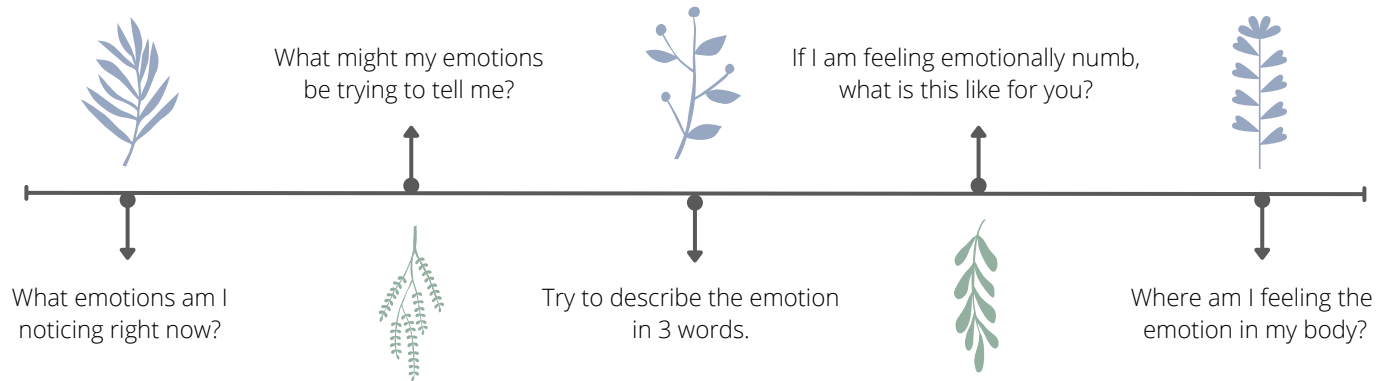
01

CHECK IN
PHYSICALLY



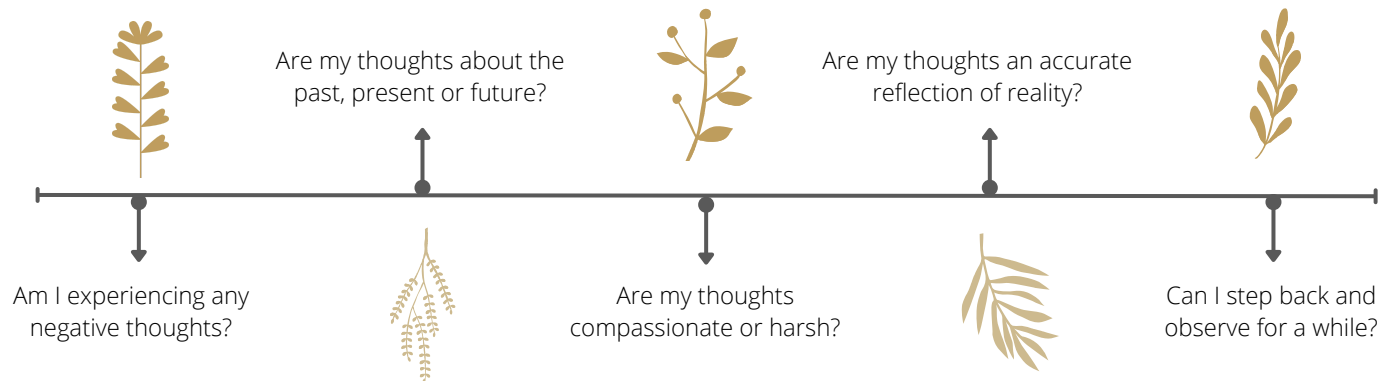
02

CHECK IN
EMOTIONALLY



03

CHECK IN
MENTALLY



SOMATIC MENTAL-HEALTH CHECK-IN



CHECK IN
PHYSICALLY

A horizontal line with arrowheads at both ends, intended for a physical check-in response.



CHECK IN
EMOTIONALLY

A horizontal line with arrowheads at both ends, intended for an emotional check-in response.



CHECK IN
MENTALLY

A horizontal line with arrowheads at both ends, intended for a mental check-in response.

SOMATIC MENTAL-HEALTH CHECK-IN

01

CHECK IN
PHYSICALLY



- What sensations am I noticing in my body?
- Where in my body is drawing my attention?
- Am I holding any tension in my jaw, shoulders, neck, etc.?
- What is one word to describe how my body is feeling?
- Do I notice numbness or disconnection in my body?

02

CHECK IN
EMOTIONALLY



- What emotions am I noticing right now?
- What might my emotions be trying to tell me?
- Try to describe the emotion in 3 words.
- If I am feeling emotionally numb, what is this like for you?
- Where am I feeling the emotion in my body?

03

CHECK IN
MENTALLY



- Am I experiencing any negative thoughts?
- Are my thoughts about the past, present or future?
- Are my thoughts compassionate or harsh?
- Are my thoughts an accurate reflection of reality?
- Can I step back and observe for a while?

SOMATIC MENTAL-HEALTH CHECK-IN

01

CHECK IN
PHYSICALLY



- What sensations am I noticing in my body?
- Where in my body is drawing my attention?
- Am I holding any tension in my jaw, shoulders, neck, etc.?
- What is one word to describe how my body is feeling?
- Do I notice numbness or disconnection in my body?

02

CHECK IN
EMOTIONALLY



- What emotions am I noticing right now?
- What might my emotions be trying to tell me?
- Try to describe the emotion in 3 words.
- If I am feeling emotionally numb, what is this like for you?
- Where am I feeling the emotion in my body?

03

CHECK IN
MENTALLY



- Am I experiencing any negative thoughts?
- Are my thoughts about the past, present or future?
- Are my thoughts compassionate or harsh?
- Are my thoughts an accurate reflection of reality?
- Can I step back and observe for a while?

SOMATIC MENTAL-HEALTH CHECK-IN



CHECK IN
PHYSICALLY

A large, empty rectangular box with a dotted border, intended for notes related to the physical check-in step.



CHECK IN
EMOTIONALLY

A large, empty rectangular box with a dotted border, intended for notes related to the emotional check-in step.



CHECK IN
MENTALLY

A large, empty rectangular box with a dotted border, intended for notes related to the mental check-in step.