



Melanated Women's Health:

Mental Health Check-In Worksheet



We're Here to Help Improve Your Mental Well-Being To Find Peace in Everyday Life

www.melanatedwomenshealth.com



Welcome to Your *Mental Health Check-In!*

Thank you for choosing Melanated Women's Health. This free worksheet is designed to help you reflect on your current mental state and provide you with grounding techniques that you can use anywhere.

Please take a few moments to answer the questions honestly and we can reflect on this during your first session with us. If at any time the questions are causing you distress, discontinue. You can also access the mental health hotline by dialing 988.

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Mental Health Check-In

- **How are you feeling today?**

1. **Happy**
2. **Sad**
3. **Anxious**
4. **Stressed**
5. **Angry**
6. **Other** _____

- **On a scale of 1 to 10, how would you rate your current level of stress?**

- 1 (Very Low)
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 (Very High)



Mental Health Check-In

- In the past 2 weeks, have you experienced any of the following symptoms?: Unable to relax, headaches, stomach aches, fatigue, fear of the worse things happening, heart pounding/racing

1. **Yes**

2. **No**

- In the past 2 weeks, have you been able to engage in activities that you enjoy?

1. **Yes**

2. **No**

- What is one thing that has brought you joy recently?



Mental Health Check-In

- **Who can you reach out to for support if you need it?**

- **How would you describe your sleep in the past 2 weeks?**

1. I'm usually well rested
2. It could be better
3. I sleep a lot but wake up feeling tired
4. I struggle to fall asleep or maintain sleep
5. I'm unsure



Grounding Techniques

- If you're anxious right now, here are three steps you can take to ground yourself to the present moment:

5: Look around and name five things you can see.

4: Name four things you can touch.

3: Name three things you can hear.

2: Name two things you can smell.

1: Name one thing you can taste.

- **Deep Breathing:**

1. Sit or stand comfortably.

2. Take a slow, deep breath in through your nose, counting to four.

3. Hold the breath for a count of four. Exhale slowly through your mouth for a count of four.

4. Repeat this process five times.



Grounding Techniques

- **Progressive Muscle Relaxation:**

1. **Start by tensing the muscles in your toes for a count of five, then relax them.**
2. **Move up to your calves, thighs, abdomen, arms, and face, tensing each muscle group for a count of five before releasing.**
3. **Notice how your body feels after each muscle group is relaxed.**



Remember

Taking care of your mental health is a continuous journey. Feel free to use this worksheet as often as needed. If you're ready to schedule a session, please reach out using the contact information below:

Contact us at: