

Mental Health Checkup & Toolkit

Taking care of your mental health is just as important as taking care of your physical health. These exercises can help you cope with emotions like worry, stress, or feeling upset, and help with situations that you feel you can't do much about. Give these exercises a try — they might help you feel better!

Distraction Tool

Doing distracting or fun activities focuses your attention in a helpful way—it gives you something else to think about instead of what is bothering you. Try playing a game, listening to music, spending time with a pet, talking to family/friends, or doing a craft.



Action Tool

Keeping a good schedule and doing your everyday activities helps you stay on track and be healthy in your body and your mind.

Try sleeping on a regular schedule, drinking plenty of fluids, eating nutritious meals, and exercising every day!



Instructions

1. Pause and take a moment to check up on yourself. How do you feel?
2. Consider each tool. Start with the Distraction Tool and follow the arrows.
3. Which tool do you think will help you feel better right now? (On a different day, it might be a different tool.)
4. Now give it a try!

Relaxation Tool

Slowing your body down calms your brain and relaxes your body. Try taking five slow deep breaths, tightening and releasing your muscles, or imagining being somewhere peaceful, like the beach or walking in the woods.



Thinking Tool

Noticing the realistic and positive parts of a situation increases optimistic thinking, which can help you change how you feel. Try asking yourself, "What are the good things that could happen?" or "These thoughts aren't helping me — how can I see this differently?"

