

Worksheet: Creating a Mentally & Emotionally Healthier Life

This worksheet is designed to help you reflect on your mental and emotional well-being. Use it to build awareness, find supportive habits, and create a plan for taking care of yourself.

1. Emotional Awareness

How am I feeling right now? (Name at least 3 feelings):

What might be causing these feelings?

What do I need right now to support myself?

2. Stress Check-In

What signs tell me I'm feeling stressed?

What helps me feel calmer or more grounded?



3. Daily Support Habits

List 3 small things you can do each day to support your well-being:

1. _____
2. _____
3. _____

4. My Emotional Support Toolkit

What helps me when I feel:

- Anxious: _____
- Sad: _____
- Angry: _____
- Overwhelmed: _____

5. Moving Forward

One thing I want to do differently starting today:

One kind thing I can say to myself this week: