MENTAL HEALTH CHECK-IN

Ten minutes, honestly

Juno

A structured way to notice what is happening before deciding what to do about it. Use it on ordinary days too, so hard days have something to compare against.

DATE _____ TIME _____ WHERE I AM _____

1 · RIGHT NOW I FEEL

One or two words. The feelings wheel helps if nothing comes.

2 · IN MY BODY

Tight chest, heavy limbs, headache, restless, numb, nothing much…

3 · WHAT IS DRIVING IT

Symptoms today · sleep · pain · an appointment · money · people · uncertainty · nothing obvious.

4 · WHAT I NEED

Rest, food, quiet, company, information, reassurance, a plan, permission to stop.

5 · WHO OR WHAT COULD HELP

A person, a place, a routine, a professional.

6 · ONE SMALL STEP IN THE NEXT HOUR

Small enough to actually happen on a bad day.

QUICK SCALE	0	1	2	3	COMPARED WITH LAST CHECK-IN
Low mood					
Anxiety					
Overwhelm					
Hopelessness					
Isolation					

IF THINGS FEEL UNSAFE

Contact your local emergency number or a crisis line now (US: call or text 988 · UK & Ireland: Samaritans 116 123). This sheet is a check-in, not a replacement for a person.