

# Mental Health Check-In



## Why Screen Your Mental Health?

Just like checking your blood pressure, a quick mental health check-in helps you notice patterns early. **Prevention is the goal.**

### Two Reflection Questions

- Over the past 2 weeks, how often have you felt **down, depressed, or hopeless?**
- Over the past 2 weeks, how often have you had **little interest or pleasure in doing things?**

### Answer each question with:

- Never
- Several days
- More than half the days
- Nearly every day

### What It Means

- If you answered “more than half the days” or “nearly every day” to either question, it may be time to talk with someone or try therapy.
- **This isn't a diagnosis**—just a simple screen to help you notice if support might help.



## Common Signs of Anxiety or Depression to Watch For

Persistent low mood or irritability

Trouble sleeping or sleeping too much

Withdrawing from friends or coworkers

Difficulty concentrating or making decisions

Feeling constantly drained or overwhelmed

Physical responses like tightness in your chest or shallow breathing when thinking about upcoming events

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## Tools You Can Try Today

### Practicing Gratitude

Gratitude is one of the most effective ways to reset your mind and emotions (especially over time!). Here's a few ways to incorporate gratitude into your daily routine:

- Keep a gratitude journal. Write down 3-5 things or people you are thankful for at the end of each day.
- Practice gratitude together. Every night during dinner, go around the table and have each person share one thing they were grateful for from that day. (Note: This is different from sharing "highs and lows". Though that's a great practice, this is particularly focused on a posture of receiving.)
- Create a checklist of what you are thankful for and put it on your desk or monitor.

### Sleep Reset Checklist

Sometimes the best thing we can do is get better sleep! Here's a few tips that could help improve sleep quality:

- Keep a consistent wake time, even on weekends
- Avoid caffeine within 6 hours of bedtime
- Create a wind-down routine (dim lights, put away screens)
- Try a brief prayer, meditation, or reflection before bed



## Where to Turn

You don't have to carry stress or sadness alone.  
Help is confidential. Help is free. Help is here.

### Your EAP

- Free, confidential counseling sessions
- Respect for your personal values and beliefs
- Quick access—schedule today

### If you need immediate help

Call or text 988 for the Suicide & Crisis Lifeline (24/7 support)