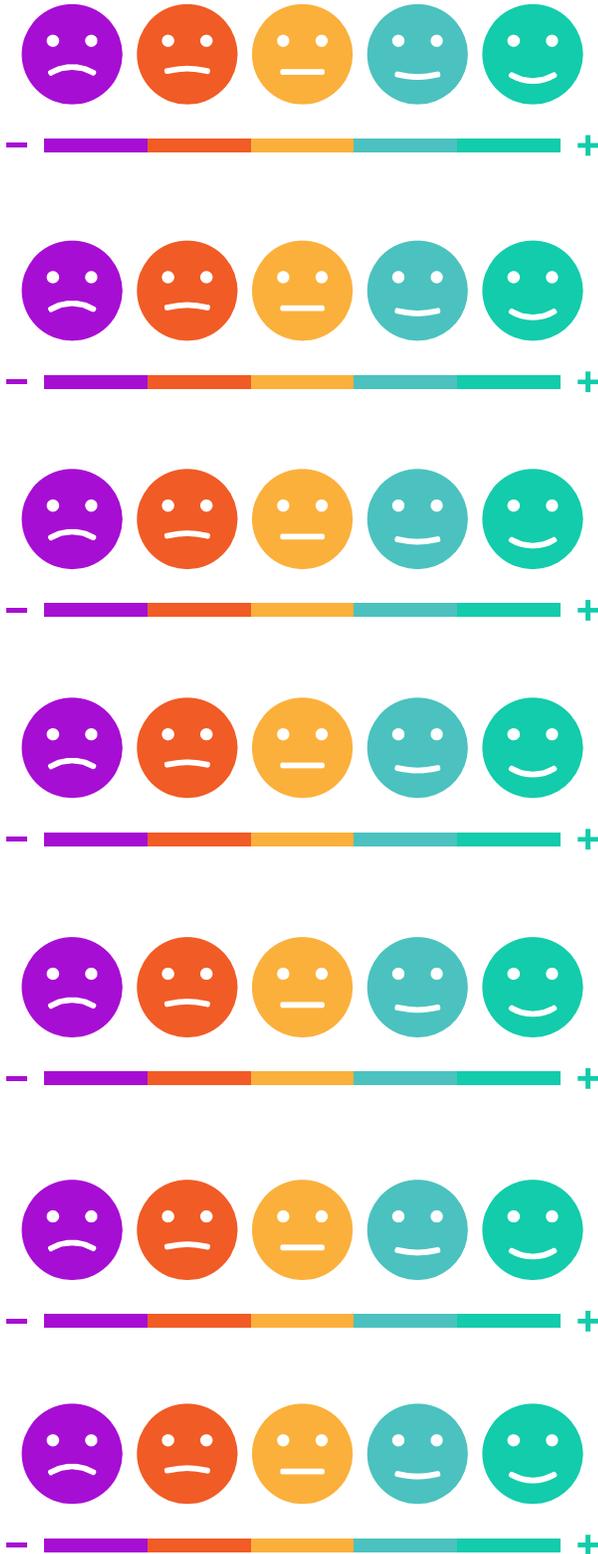


Mental Health Spot Check

You might choose to use this tool each day for a week or use it to track your mood at different points in the same day. The important thing is to reflect on what you are doing at the time/what you were doing that day.



- ♦ What can you remember about the times when you felt good? What were you doing? Who were you with? Where were you?
- ♦ What is one thing you are going to build into your days going forward to boost your mood?

- ♦ What can you remember about the times when you felt low? What were you doing? Who were you with? Where were you?
- ♦ What boundaries do you want to create to limit these things?