

Mental Health Resource Guide



CHECK IN ON YOUR MENTAL HEALTH: 5 QUESTIONS TO ASK YOURSELF REGULARLY

1

How Am I Feeling Today?

Use a scale of 1 to 10 to take note of how you feel each day. It's important to notice how you're feeling physically, too (ie: headache, change of appetite, body pains etc.)

2

What's Been Worrying Me Lately?

Think specifically about what's been weighing on you recently (work, family, friends, money, a recent world event). It's important to notice how these potential triggers make you feel — and to do your best to address them.

3

Am I Providing My Body With Its Basic Needs?

Sometimes, we get so busy that we forget to focus on the basics — food, exercise, and sleep. These are simple but critical ways to ensure you're staying healthy both mentally and physically.

4

What Am I Doing to Bring Myself Joy?

With everything on your to-do list, it's easy to push leisure activities down to the bottom. Taking time for things you enjoy is so important for your mental health.

5

Who Do I Have In My Corner?

Having a strong support system is essential to your mental health. Ask yourself who you consider trustworthy and loving that you can turn to when you need it most.

RESOURCES WE RECOMMEND

Keisha Reeves, Push Thru Therapy
Therapist, LPC, PMH-C
Website: keishareeves.com
Instagram: @keisha_reaves

Tamara Stocks
Psychologist, M.S., NLP, ESP
Website: tamarastocks.com
Instagram: @iamtamaraceleste

Postpartum Support International,
Georgia Chapter (pdf linked)

TruDiary Haven