

How's My Mental Health?

A self-assessment for checking in and taking action.



01 Am I Struggling?

- My body feels heavy and tired
- I can't focus my thoughts
- Little irritations get to me
- I doubt my ability to perform
- Finishing small tasks is difficult

If you checked **more than two**, you could be struggling.

Here's how to manage the struggle: Incorporating gratitude journaling or meditation into your routine can help you reframe negative thoughts. In addition, if you have access to a therapist or coach, regular sessions can improve your coping skills.

02 Am I Coping?

- I often feel like I'm disconnected or on autopilot
- I feel like I'm doing "well" but am using more substances than usual (alcohol, food, drugs)
- My screen time keeps going up
- I neglect my own needs to keep my circle happy
- I have trouble getting a good night's rest

If you checked **more than two**, you could be coping.

Here's how to go from coping to thriving: Growth is exciting, but be patient with yourself. Ease in with small steps, such as adding a mindfulness or exercise routine to your morning or re-engaging with an old hobby.

03 Am I Thriving?

- I bounce back from failures and mistakes with ease
- My dreams are ambitious but attainable
- I think long-term and no longer look for quick fixes
- I prioritize both my mental and physical health
- I am energized and enjoying life

If you checked **more than two**, congrats — you're thriving.

Here's how to maintain your flow: Mental health improvements aren't always linear. Unexpected circumstances can take our well-being off course. To ensure you thrive during stressful times, continue to make self-care a priority.



Did you know a study with health professionals found that only 10 days of HeadSpace **improved self-compassion?**

Download HeadSpace to have mindfulness exercises and mental health resources at your fingertips at all times.

BONUS


This is a positive self-talk exercise from the **Reframing Stress toolkit**.

Become a Headspace Health Enterprise Partner to unlock more assets to empower and inspire your employees to prioritize their mental health.


EMPLOYEE WORKSHEET

Positive Self-Talk Swap

Reframing your internal monologue



THOUGHT	REPLACE IT WITH
I'm bad at X.	I can get better at X, and it will help me grow.
I hate doing X task.	Once I finish X task, I can take a break or reward myself.
I don't like the way I look.	I appreciate my body for supporting and carrying me.
I don't like myself.	I love myself and appreciate the opportunity I have to grow.

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