

MENTAL HEALTH CHECK-IN

Name:

Date:

★ How are you feeling today?

★ What are you struggling with today?

★ Who can you reach out to today if you are struggling?

★ What can you do today to practice self-care?

★ What coping skills do you have available and accessible to you today?

★ What are your recovery goals for today?

★ What are some things that you can do today to boost your mood?

Want more?

- The Eating Disorder Center offers individual therapy and recovery coaching worldwide.
- Please contact us at info@theeatingdisordercenter.com or 301-246-6856 for more information.