

Use this checklist to check in with yourself and identify small actions you can take to support your mental health throughout the year.

this week, i will...

- ☐ Reach out to a friend I haven't talked to in a while
- ☐ Introduce myself to someone new
- ☐ Join or explore a school club, team, or activity that interests me
- ☐ Check in with a friend and ask how they're really doing

when i'm feeling stressed, i will...

- ☐ Take a short break from screens or social media
- ☐ Go for a walk or spend time outside and take slow deep breaths
- ☐ Break a large assignment or task into smaller steps
- ☐ Ask for help instead of trying to handle everything on my own

my support system

Name three people I can reach out to when I need support.

my connection check-in

Right now, I feel connected to:

- | | |
|--|--|
| ☐ Friends | ☐ A team, club, or activity |
| ☐ Family | ☐ A trusted adult |
| ☐ My school community | ☐ Other: _____ |

If I checked only a few boxes, what's one small step I can take this week to feel more connected?

to support my well-being, i will...

- ☐ Aim for a consistent sleep schedule
- ☐ Make time for activities I enjoy
- ☐ Celebrate small wins instead of only focusing on what's left to do
- ☐ Give myself permission to rest when I need it

need extra support?

If you're feeling overwhelmed, stressed, lonely, or just need someone to talk to, Crisis Text Line is here for you.

Text **SCHOOL** to **741741** to connect with a live volunteer Crisis Counselor.