



Willow & Harbor THERAPY



A safe place for healing and growth in every season of life

Mental Health Check-In

A gentle space to pause, reflect, and notice what you need

1. How Am I Feeling Right Now?

Circle or write what fits:

Calm • Anxious • Overwhelmed • Content • Irritable • Sad • Numb • Motivated • Tired • Other: _____

- If I had to name my overall mood today, it would be:
-
-

2. What's Been On My Mind?

- What thoughts or worries have been showing up lately?
-

- Is there anything I keep replaying or avoiding?
-
-

3. Body Check

- What sensations do I notice in my body? (e.g., tension, heaviness, restlessness)
-

- Where do I feel this the most?
-
-

4. Stress & Support

- What is currently causing me the most stress?
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- What has been helping, even a little?

- Who or what can I turn to for support?

5. Self-Compassion Pause

- Something I've been hard on myself about:

- A kinder, more understanding response:

6. Small Wins

List 1–3 things you've done or gotten through recently (big or small):

1.

2.

3.

7. What Do I Need Right Now?

(Check or write what feels helpful)

Rest

Movement

Connection

Quiet time

Structure

Nourishment

Fresh air

Other: _____

- One small step I can take today:

8. Closing Reflection

- One word to describe how I want to feel moving forward:

- One gentle intention for the rest of my day:

Reminder: You don't have to fix everything right now. Noticing is enough. Small steps still count.