

Mental HEALTH CHECKLIST



Kristi Ling said, “Caring for your body, mind, and spirit is your greatest and grandest responsibility. It’s about listening to the needs of your soul and then honoring them.”

Look at this list of warning signs for mental health problems. Do any of them sound like you?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am eating too much or too little					
I pull away from people and my usual activities					
I have low or no energy					
I feel numb or like nothing matters					
I have unexplained aches and pains					
I feel helpless or hopeless					
I smoke, drink, or use drugs					
I feel unusually confused, forgetful, on edge, angry, upset, worried, or scared					
I yell or fight with family or friends					
I experience severe mood swings that cause problems with my relationships					
I have persistent thoughts or memories I can’t get out of my head					
I hear voices or believe things that are not true					
I think of harming myself or others					
I am unable to perform daily tasks like getting to work or school					
I sleep too much or too little					
I have frequent thoughts that “I can’t do it” or “I can’t handle it”					
I don’t know where to go for help when I need it					

“BE KINDER TO YOURSELF. AND THEN LET YOUR KINDNESS FLOOD THE WORLD.”
-PEMA CHODRON