

# ■ Helper's Mental Health Check-In Tool

## Step 1 – Pause & Breathe (30 seconds)

Close your eyes, take 3 slow breaths, and give yourself permission to be honest.

## Step 2 – Quick Self-Rating (1–10 scale)

Energy level today:

Stress level today:

Emotional resilience (capacity to handle others' needs):

Sense of purpose/fulfillment:

## Step 3 – Reflection Prompts

What emotion is most present for me right now?

Am I carrying someone else's pain home with me?

Did I take even 10 minutes for myself today?

Have I eaten, hydrated, or moved my body?

Who is one person I could reach out to for support if needed?

## Step 4 – Red/Yellow/Green Self-Check

■ **Green** – I feel balanced, supported, and able to show up for others.

■ **Yellow** – I'm stretched thin, but managing. I could use a break, support, or healthy boundaries.

■ **Red** – I'm overwhelmed, exhausted, or detached. I need rest, connection, or professional support.

## Step 5 – Action Step

Take a walk

Call a friend

Say 'no' to something extra

Journal or meditate

Ask for help

Schedule time off / self-care

■ *Reminder: You cannot pour from an empty cup. Taking care of yourself IS taking care of others.*