Mindful Minutes

Personal Mental/Brain Health Evaluation

In order to understand and improve your mental health, it is important to acknowledge your present feelings and your thoughts surrounding them. Please take some time to reflect on your own mental health, and how you tend to view & treat your mental health as a whole.

1. Think of 5 emotions that you have been feeling recently and make a list. For at least 3 of the emotions you've listed, write about the reasons you feel that way. Try to think of several reasons for each emotion. For example, I can be thankful that I have a good dog as well as that the weather is nice out. Be honest with yourself, it is perfectly OK to be sad, angry, confused, scared, or anything...the important part is understanding why!

2. How do you feel about talking about your feelings? Do you find it more difficult to open up about your feelings when you are sad or angry? Why or why not?

3. Do you ever struggle with your own mental health? How does that make you feel? How do you usually manage your stress/cope with your struggles? In other words, which coping mechanisms have you developed? Are they positive or negative?