

Take a few minutes to check in with yourself. This worksheet will help you identify your stress, understand its impact, and choose healthy ways to care for yourself.

Date: _____

Time: _____

Today, my overall stress level is:

1

3

7

5

6

7

8

9

10

Very Low

Moderate

Very High

**1. PHYSICAL SIGNS**

What is your body telling you?
Check all that apply.

- ☐ Headaches
- ☐ Muscle tension or pain
- ☐ Fatigue or low energy
- ☐ Changes in sleep
- ☐ Stomach issues
- ☐ Racing heart
- ☐ Other: _____

**2. EMOTIONAL SIGNS**

How are you feeling emotionally?
Check all that apply.

- ☐ Irritable or easily annoyed
- ☐ Anxious or worried
- ☐ Overwhelmed
- ☐ Sad or down
- ☐ Frustrated
- ☐ Numb or unmotivated
- ☐ Other: _____

**3. THOUGHT PATTERNS**

What thoughts are showing up most often?
Check all that apply.

- ☐ Racing or non-stop thoughts
- ☐ Negative self-talk
- ☐ Catastrophizing (worst-case thinking)
- ☐ Feeling like I'm not enough
- ☐ Trouble concentrating
- ☐ Other: _____

**4. STRESS TRIGGERS**

What is causing or contributing to your stress right now?
Check all that apply.

- ☐ School / Workload
- ☐ Deadlines / Pressure
- ☐ Relationships
- ☐ Financial concerns
- ☐ Health concerns
- ☐ Life changes / Uncertainty
- ☐ Other: _____

**5. WHAT HELPS?**

What strategies or activities help you feel better?
Check all that apply.

- ☐ Exercise / Movement
- ☐ Talking with someone
- ☐ Meditation / Mindfulness
- ☐ Journaling
- ☐ Time in nature
- ☐ Listening to music
- ☐ Other: _____

**6. WHAT DO I NEED?**

What would support you most right now?
Check all that apply.

- ☐ Rest / Sleep
- ☐ Time for myself
- ☐ Encouragement
- ☐ Support from others
- ☐ Help with responsibilities
- ☐ A break / Reset
- ☐ Other: _____

Reflection

♥ What stood out to me most in this check-in?

♥ What is one thing I can let go of today?

♥ What is one small step I can take to care for myself?

♥ MY SELF-CARE COMMITMENT

Today, I will commit to:

I am worth taking care of. ♥