

Mental Health Reflection Worksheet

Taking time to check in with your thoughts and emotions can help build awareness, resilience, and healthier coping strategies. Use the space below to reflect on how you are feeling and what you may need today.

1. How Am I Feeling Today?

Circle or write the emotions you are experiencing.

Calm • Happy • Anxious • Stressed • Overwhelmed • Sad • Frustrated • Tired • Confident •
Other: _____

Describe how you are feeling today:

2. What Has Been Challenging Recently?

Write about something that has been stressful or difficult for you.

3. What Is Something That Went Well?

Reflect on something positive that happened recently, no matter how small.

4. My Strengths

List three strengths or positive qualities about yourself.

1. _____

2. _____
 3. _____
-

5. Healthy Coping Strategies

What are some things that help you feel calmer or more balanced?

Examples may include talking with someone, exercise, deep breathing, listening to music, spending time outdoors, or taking a break.

1. _____
 2. _____
 3. _____
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6. One Small Goal for Today

What is one small step you can take today to support your mental wellbeing?

7. Positive Self-Talk

Write a supportive statement you can remind yourself of today.

"I am _____."

Remember

Mental health is just as important as physical health.

Taking small steps to care for your wellbeing can make a meaningful difference over time.