

Emotional Wellness Check-In™

Pause and notice how you have been feeling, coping and moving through daily life.



Think about the past two weeks.
There are no right answers and no total score.
The purpose is to notice what may need more care or support.

1



MOOD

I have felt emotionally steady enough to move through my day.

☐ Usually ☐ Sometimes ☐ Rarely

2



ENJOYMENT

I have been able to enjoy or look forward to something.

☐ Usually ☐ Sometimes ☐ Rarely

3



MOTIVATION

I have had enough interest or energy to begin necessary tasks.

☐ Usually ☐ Sometimes ☐ Rarely

4



CONNECTION

I have felt connected to at least one supportive person.

☐ Usually ☐ Sometimes ☐ Rarely

5



COPING

I have had ways to respond when stress or emotions feel strong.

☐ Usually ☐ Sometimes ☐ Rarely

6



DAILY FUNCTIONING

I have been able to manage basic self-care and responsibilities.

☐ Usually ☐ Sometimes ☐ Rarely

What Am I Noticing?

The feeling that has shown up most: _____

What seems to make it harder: _____

What seems to help: _____

One change I have noticed in myself: _____

What Kind of Support Would Help?



☐ Rest or recovery



☐ Practical help



☐ More connection



☐ A healthcare conversation



☐ Counseling or emotional support



☐ Help with sleep, symptoms or pain

My Next Kind Step



One thing I can do or ask for this week: _____

Consider Reaching Out



Seek professional support when emotional changes are persistent, worsening, difficult to manage or interfering with work, relationships, self-care or daily life.

Gentle Reminder

A check-in is a starting point, not a diagnosis.
You deserve support before things become unmanageable.

Martine's Midlife Wellness Tip

Choose one honest next step. It might be making an appointment, asking for help or telling someone how you have been feeling.



If you may hurt yourself or cannot stay safe, call emergency services.
In the U.S., call or text 988 for immediate crisis support.