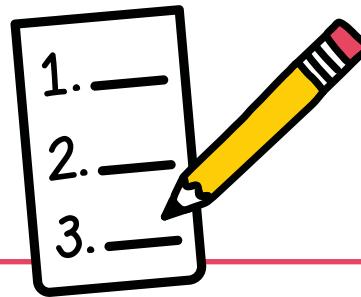


Mental Health Habits

Check-In

As a family, discuss how you're doing at these mental wellness skills.

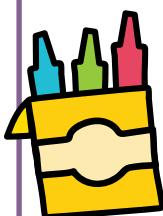


Our strengths (Check all that apply):

- We talk openly about emotions.
- We have strategies to cope with strong emotions.
- We talk regularly.
- We feel like we know each other well.
- We feel safe talking about any topic.
- We feel comfortable making friends.
- We solve problems individually and together.
- We set goals and work towards them.
- We have a good morning routine.
- We have a good bedtime routine.



Look over the areas you checked and what you didn't check. Are there any areas where you want to create a new healthy habit? If so, write or draw it out below:



For example, if you want to increase communication in your family, maybe you try checking in with each other during dinner most days.

