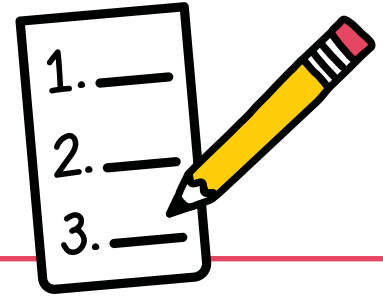


# Mental Health Habits

## 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.

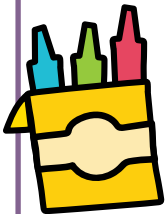
☐ We set goals and work towards them.

☐ 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.