Mental Wellness Self-Check & Support Guide

This self-check is not a mental health diagnosis.
It is a supportive tool to help you reflect on your emotional well-being, stress levels, and support needs during pregnancy, postpartum, or life transitions.

SCORING:
☐ *Yes = 2 points* ☐ *Somewhat = 1 point* ☐ *No = 0 points*
Maximum Score: 30 points

SECTION 1: Emotional Awareness

1. I am able to recognize how I am feeling emotionally on most days.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Naming your emotions can help you better understand your needs.

2. I notice changes in my mood, stress, or emotional responses.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Awareness is the first step toward support.

3. I understand that emotional changes during pregnancy or postpartum are common and treatable.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: You are not alone, and help is available.

SECTION 2: Stress, Anxiety & Coping

4. I have healthy ways to cope with stress or anxiety.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Small coping tools like breathing or journaling can help.

5. I feel overwhelmed by daily responsibilities.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Feeling overwhelmed is a sign to slow down and seek support.

6. I am able to rest and take breaks when needed.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Rest is a form of self-care, not a reward.

SECTION 3: Support & Connection

7. I have at least one person I can talk to about how I'm feeling.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Support can come from people, groups, or professionals.

8. I feel comfortable asking for emotional support.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Asking for help is a sign of strength.

9. I feel supported by my community, family, or faith network.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Connection can reduce feelings of isolation.

SECTION 4: Daily Functioning & Balance

10. I am able to manage daily tasks without feeling constantly overwhelmed.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: It's okay to adjust expectations during hard seasons.

11. I am sleeping and eating in ways that support my well-being.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Basic care supports emotional health.

12. I feel present and engaged in my daily life.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Feeling disconnected may signal a need for support.

SECTION 5: Seeking Help & Healing

13. I know where to turn if I need mental health support.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Identifying resources ahead of time can be helpful.

14. I feel safe reaching out for professional help if needed.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Professional support is a tool, not a failure.

15. I believe healing and emotional balance are possible for me.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Healing looks different for everyone and takes time.

Your Results & What They Mean

After completing the self-check, add up your points to find your total score.

22–30 points — Well Supported
You appear to have healthy coping tools and support. Continue prioritizing your mental wellness.

12–21 points — Additional Support May Help
You may benefit from additional resources, rest, or emotional support.

🔴 *0–11 points — Support Strongly Recommended*
You may be experiencing significant stress or emotional strain. Compassionate support is available.

Next Steps:
- *Access mental wellness resources*
- *Reach out to a trusted support person*
- *Contact Khairi and Little Angels' Memorial for guidance*

Your mental health matters.