

**IDONTMIND**

# **Just Checking In**

**Ten simple questions to check in  
on someone's mental health**

- 1. How are you feeling today, really? Physically and mentally.**
- 2. What's taking up most of your headspace right now?**
- 3. What was your last full meal, and have you been drinking enough water?**
- 4. How have you been sleeping?**
- 5. What have you been doing for exercise?**
- 6. What did you do today that made you feel good?**
- 7. What's something you can do today that would be good for you?**
- 8. What's something you're looking forward to in the next few days?**
- 9. What's something we can do together this week, even if we're apart?**
- 10. What are you grateful for right now?**

**Your mind matters. Talk about it.  
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