

Weekly Check-In for Beyond the Basics

It's important to consider other stressors when processing emotions, thought cycles & unhealthy behaviors. When reflecting on your week, think about these additional stressors and how they may impact your mood, outlook, and function.

I have a project at school or work that is consuming me?

Illness has impacted by day to day functioning

I don't feel supported for who I am or identify as

I struggle with my body image

I am currently in a conflict with someone I rely on emotionally

I can't go to something I was looking forward to

Something needs repairs (HVAC, car breaks etc)

My income is not stable or consistent

I had a disagreement with my partner

I missed something important to someone I love

I've agreed to do more than I have time for currently

I need to reevaluate my relationship with substances

In general, I have felt lonely recently

I don't feel as if I have a say over my life and my body

I am currently in a conflict with someone I rely on emotionally

My life has had changes and transitions recently

I don't use my time for self-care

My income is not stable or consistent

I'm struggling with debt or financial hardship

I haven't been able to incorporate movement recently