

M·E·N·T·A·L·health

Grab a Post-It Note, wrap your name on the back, place it in the section that matches how you feel.


I'm GREAT 

I'm OKAY 

I'm MEH 

I m 
struggling

I'm having a
hard time
and 
wouldn't
mind a
check-in

I'm not
feeling 
happy.
Check-in
please.