

HOW AM I 
FEELING RIGHT NOW?
(PHYSICALLY & MENTALLY)

HOW MUCH TIME
HAVE I SPENT ON
MY PHONE
TODAY?



AM I
GETTING ENOUGH
SLEEP?



WHEN WAS THE
LAST TIME I DID AN
ACT OF KINDNESS?



WHAT CAN I
DO TODAY
TO BRING
ME JOY?



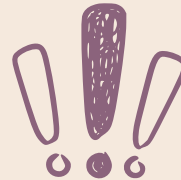
MENTAL HEALTH

check-in



WHEN DID I
LAST TAKE A
SHOWER?

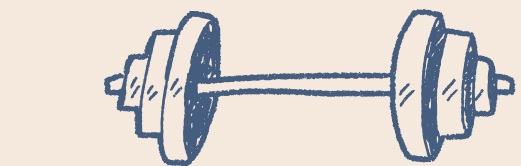
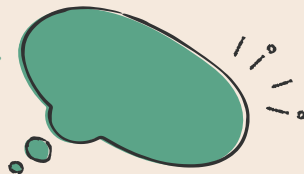
HAVE I BEEN
AVOIDING
SOMEONE OR
SOMETHING?



WHEN DID I LAST
SPEND TIME
OUTSIDE?



WHEN DID I LAST
TALK TO SOMEONE
ABOUT MY
FEELINGS?



WHAT HAS BEEN
WEIGHING HEAVILY
ON MY MIND?

Are you facing challenges with your mental health?

Continuum EAP can assess your concerns and help create a personalized plan to address them.