

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



??



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

AM I  
GETTING ENOUGH  
SLEEP?



HOW MUCH TIME  
HAVE I SPENT ON  
MY PHONE  
TODAY?



WHAT CAN I  
DO TODAY  
TO BRING  
ME JOY?



## MENTAL HEALTH

### check-in



WHEN DID I  
LAST TAKE A  
SHOWER?

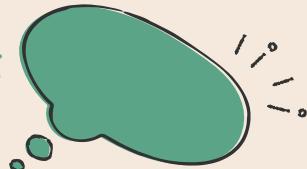


WHEN DID I LAST  
SPEND TIME  
OUTSIDE?

HAVE I BEEN  
AVOIDING  
SOMEONE OR  
SOMETHING?



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.