Przeczytaj tekst. Dobierz właściwy nagłówek (A-F) do każdej oznaczonej części tekstu (1.1.-1.4.). Wpisz odpowiednią literę w każdą kratkę.

Uwaga! Dwa nagłówki zostały podane dodatkowo i nie pasują do żadnej części.

A. WHO DO I HAVE IN MY CORNER?

- **B**. WHAT BOTHERS ME THE MOST?
- C. HOW AM I FEELING TODAY?
- D. WHAT'S BEEN WORRYING ME LATELY?
- E. AM I PROVIDING MY BODY WITH ITS BASIC NEEDS?
- F. WHAT AM I DOING TO BRING MYSELF JOY?

MENTAL HEALTH CHECK-IN

Nowadays, when fear, loneliness and grief have become all too familiar, it's crucial to prioritise our mental health. Let's take a look at some valuable insights on how to conduct a daily mental health check-in.

It may sound simple, but when was the last time you genuinely assessed your emotions? Start by considering stress, anxiety, worry or sadness. Use a scale of 1 to 10 to evaluate your feelings consistently. Physical manifestations like headaches or body pains can also indicate mental health concerns.

1.2.

The fundamentals - food, exercise and sleep - are often overlooked during busy times. Make sure that you nourish your body with healthy meals, engage in daily physical activity and get 7 to 9 hours of sleep each night. Disregarding these basics may signal an underlying mental health concern, such as depression or stress.

1.3.

In the hustle of daily life, leisure activities are often pushed to the bottom of the to-do list. Integrate joy into your routine with gratitude journaling, planning mini getaways, trying new creative projects or simply spending time with loved ones or pets. Prioritising happiness is a crucial aspect of maintaining mental well-being.

1.4.

A healthy support system is vital for mental health. Identify trustworthy individuals, whether it's a partner, family member, healthcare provider or friend. A supportive network listens, respects and offers advice when needed. Support groups can also be an invaluable resource, connecting you with people facing similar challenges.

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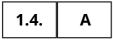
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