



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.

1.1.	
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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.	
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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.	
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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.	
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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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