



Daily Mental Health Check-in Questions

Asha Upakrwoth, LMSW | Wedgwood Outpatient Therapist

We all have “off days” or days that emotions may “get the best of us”. It is important to do daily mental health check-ins, especially if you notice that you are more “emotional” or things that normally would not bother you is starting to bother you or affect the way that you think and or behave.

There are a few basic questions that you can ask yourself when you are feeling irritated, depressed, sad, anxious, or not feeling like your normal self. The following questions derive from an evidenced-based therapeutic modality called **DBT** (Dialectical Behavioral Therapy). DBT focuses on emotion regulation skills. DBT emphasis an emotion regulation question check- in called **PLEASE** skills. PLEASE skills are the basics to our daily functioning, emotion regulation, and overall health. When we accomplish PLEASE skills regularly we can improve and or regulate our mood, take care of our body, and increase mental and physical health.

THE FOLLOWING ARE PLEASE SKILLS TO CONSIDER:

1. Treat **P**hysical **I**llness
2. **E**at a Balanced Diet
3. **A**void Mood Altering Substances
4. Balance **S**leep
5. Regular **E**xercise

The PLEASE skills are the basics of regulating emotions. If one of these skills are not regularly attended to or completed, you may feel overwhelmed, anxious, sad, depressed, irritated, and or easily annoyed.

A FEW QUESTIONS TO ASK YOURSELF, WHEN YOU NOTICE A CHANGE IN YOUR MENTAL HEALTH OR EMOTIONS, ARE:

1. Have I taken all psychiatric and or physical health medication(s) as prescribed?
2. Have I eaten well-balanced meals today that were nutrient dense with fruits, veggies, complete carbohydrates, and quality protein? Also, have I been drinking an adequate amount of water to remain hydrated?
3. Have I utilized mood altering substances or indulge in too much of a substance for example, nicotine or caffeine?
4. Did I receive at least 6-8 hours of quality sleep?
5. How much exercise did I get today - did I walk, take stairs, engage in cleaning activities, or join a workout class?
6. What PLEASE skill(s) can I improve in or accomplish today before I go to bed?
7. What PLEASE skill can I improve in so that tomorrow will be a better day?
8. What is something I can do today to improve my mood?
 - a. Complete a PLEASE skill that we have not accomplished yet, doing an activity that brings me peace or joy, talking to others in my support system, or scheduling a counseling or psychiatry appointment.