



MENTAL HEALTH

CHECK-IN →

- 10 Make time for self-care
- 1 Validate your feelings
- 2 Prioritize yourself
- 3 Make time for hobbies
- 4 Be patient with your progress
- 5 Allow yourself to make mistakes
- 6 Rest when you need to
- 7 Celebrate the small wins
- 8
- 9
- 10 Ways to Love YOURSELF a little bit more

A collection of mood check-in cards on a gold background, each with a heart icon and a corresponding mood:

- I'm great
- I'm okay
- I'm meh
- I'm struggling
- I'm struggling and need a check in
- I'm in a dark place

Other cards include names like 'Preston', 'Darcy', and 'Noah', and phrases like 'No more', 'With my anxiety', and 'I'm feeling better'. A small box with a 'USA' label is visible at the bottom right.