

# *The B.E.S.T Mental Health Self-Check In*

Body

Emotions

Spirits

Thoughts

## *How am I Doing in This Moment?*

### **B – Body**

- Physical self
- What would you tell your doctor?
- Ex. Energy level, pain, hunger, soreness, tension, etc.

### **E – Emotion**

- Heart self
- Tune into one or two emotions you are holding in this moment
- Ex. anxious, happy, weary, grateful, annoyed, content, anger, etc.

### **S – Spirit**

- Spiritual self
- Our sense of connection to higher power, the world, nature, others
- Sense of groundedness, presence in this moment
- Ex. grounded, present, lost, searching, disconnected, isolated, connected, etc.

### **T - Thoughts**

- Cognitive self
- Describe my thoughts/one thought I can 'catch'
- Ex. Focused, scattered, racing, jumbled, present, disjointed, anxious, etc.

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## *How Can I Take Care of Myself?*

### **B – Body**

- Back to basics!
- Sleep (7-9hrs)
- Nutritious food
- Move your body

### **E – Emotion**

- “Name it to tame it”
- Honour the feeling by naming it without judgement or critique
- AND look for gratitude and good things around you

### **S – Spirit**

- Grounding practice
- Involving the senses in the present moment around you (or a neutral/happy imagined space)

### **T - Thoughts**

- Bring clarity and focus to thoughts using the breath and mindfulness
- Box breathing