

SELF-CHECKUP: HOW ARE YOU REALLY DOING?

Instructions:

Read each question honestly. If you answer “Often” or “Yes” to several, it might be a sign to reach out for help or talk with someone you trust.

1. Energy & Motivation

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| Do you often feel tired, even after sleeping? | ☐ Often ☐ Yes |
| Have you lost interest in things that used to make you happy? | ☐ Often ☐ Yes |
| Do you find it hard to start your day or finish simple tasks? | ☐ Often ☐ Yes |

2. Emotions & Thoughts

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|---|---|
| Do you feel sad, empty, or numb most of the time? | ☐ Often ☐ Yes |
| Do you cry easily or feel like you can't cry anymore? | ☐ Often ☐ Yes |
| Do you feel hopeless about the future? | ☐ Often ☐ Yes |
| Do you often think you're a burden to others? | ☐ Often ☐ Yes |

3. Body & Sleep

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|--|---|
| Has your appetite changed (eating much more or less)? | ☐ Often ☐ Yes |
| Do you have trouble sleeping, or sleep too much? | ☐ Often ☐ Yes |
| Do you often have headaches, stomach pain, or tension without clear cause? | ☐ Often ☐ Yes |

4. Connection & Social Life

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|--|---|
| Have you been avoiding friends or family lately? | ☐ Often ☐ Yes |
| Do you feel disconnected even when you're around people? | ☐ Often ☐ Yes |
| Do you feel like no one would notice if you disappeared for a while? | ☐ Often ☐ Yes |

5. Thoughts of Harm

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|---|---|
| Have you ever felt that life isn't worth living? | ☐ Often ☐ Yes |
| Have you thought about hurting yourself, even a little? | ☐ Often ☐ Yes |
| Do you sometimes wish you wouldn't wake up tomorrow? | ☐ Often ☐ Yes |

If you said “yes” or “often” to several:

You are not alone, and this doesn't mean you are broken. It's a sign that you may be struggling and deserve support. Talk to someone: a trusted friend, a counselor, or a mental health line. Even one conversation can change things.

Disclaimer

This self-checkup is not a medical or psychological diagnosis.

It is meant only as a personal reflection tool to help you notice signs or patterns that may affect your mental well-being.

Depression and suicidal thoughts can have many different causes, emotional, social, biological, or situational, and cannot be simplified under one specific reason. If your answers concern you, or if you feel overwhelmed, please consider reaching out to a qualified mental health professional or a trusted person for support. You are not alone, and help is always available.