

# Daily Mental Health Check-In

Taking care of yourself is just as  
important as caring for your baby

**Take a second to think about the following questions, answering on a scale of 1-10:**

How in control are you feeling today?

1 ----- 10

How connected are you feeling to your baby today?

1 ----- 10

Are you excited at the thought of getting out of the house doing something you consider fun today?

1 ----- 10

How calm are you feeling right now?

1 ----- 10

How confident are you in your parenting decisions today?

1 ----- 10

Are you feeling able to focus on the present moment?

1 ----- 10

Are you feeling capable of handling unexpected challenges today?

1 ----- 10

How motivated do you feel to take care of yourself today?

1 ----- 10

Are you feeling open to asking for help if needed today?

1 ----- 10

How reassured do you feel about your baby's well-being today?

1 ----- 10

How optimistic are you feeling about tomorrow?

1 ----- 10

**If you consistently answered below 5 for these questions, or your answers today are lower than normal, consider speaking to someone about how you are feeling**

Remember: you are the best person to spot symptoms that are outside of your normal

If you feel like you've noticed a change in how you're feeling, or your thoughts and feelings are causing you difficulty in any way, speak to someone

**Help is out there.** Your midwife, GP, and health visitor are all here to support you through these feelings, as well as your family and friends

If you're in a medical emergency or have any thoughts about harming yourself or others, call 999 straight away