Wellbeing & Support Check-In

Notice how you feel, lighten the invisible load and ask for practical support.

Mark what needs attention today, then choose one action. This is a reflection tool, not a medical assessment.

WHAT NEEDS MY CARE THIS WEEK?

- [ ] Sleep / rest
- [ ] Stress and emotions
- [ ] Movement and nourishment
- [ ] Connection / belonging
- [ ] Time for myself
- [ ] Professional healthcare support

MY MAIN SOURCE OF PRESSURE OR INVISIBLE WORK

WHAT I CAN RELEASE, DELEGATE OR SIMPLIFY

ONE SPECIFIC REQUEST FOR SUPPORT I WILL MAKE

If you have symptoms or ongoing concerns, seek advice from a qualified health professional.