

“Today’s Check-In”

A Toolkit for Living With Depression or Bipolar Disorder

Whether you're in recovery, newly diagnosed, or somewhere in between, **regular mental health check-ins are essential**. This toolkit is here to help you slow down, listen inward, and take **gentle, actionable steps forward**.

Check-In Questions:

- ☐ How am I feeling emotionally – sad, calm, irritable, numb, energized?
- ☐ What’s my current sleep pattern like?
- ☐ Have I been consistent with my medications or treatment plan?
- ☐ Have I connected with someone who understands me lately?
- ☐ What has been helping me cope this week?
- ☐ What has been draining me that I might need to step back from?
- ☐ Do I feel safe asking for help if I need it?
- ☐ What small win can I celebrate today, no matter how small?

Tools To Consider:

- ✦ Online or In-person Peer support groups
- ✦ Mood tracking apps or journals
- ✦ Daily routines and self-care habits
- ✦ Your personalized wellness or crisis plan

Checking in with yourself is an act of self-respect. You don’t have to navigate this alone; DBSA offers free peer support, tools, and encouragement for every stage of your journey.

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