Get Beyond “I’m Fine.”

On a regular basis, ask yourself and those around you how things are going with these five aspects of life. It’s an easy and effective way to keep tabs on your mental wellness.

1. **Work**
   - How’s work or school?
   - Are you employed?
   - Are you satisfied?
   - Are you working too much, too little?

2. **Love**
   - How’s your family?
   - Do you have relationships that are strained?
   - Do you feel loved by someone?

3. **Play**
   - Are you taking the time to have fun and do the things that bring health and joy to your life?

4. **Sleep**
   - Are you sleeping well?
   - Do you have trouble going to sleep, staying asleep or waking up?

5. **Eat**
   - Are you eating too much, too little, the right things?
   - Are you using drugs or alcohol to cope?