Questions to Ask Yourself During National Self-Check Month
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When was the last time you truly assessed your mental health? National Self-Check Month in February offers a great opportunity to check on our mental health and overall well-being.

Before you begin your mental health self-check, set the tone for your emotional and mental review. Remind yourself that it's OK to delve into how you feel. When you try to ignore them, your negative feelings can escalate into larger mental health issues. Review the good feelings too. Recognizing positive parts of your life can lead to improved mental health.

Start your review with some simple questions, "How do I feel in this moment and recently?" When experiencing or recalling a feeling, recognize how your body reacted to that feeling. Did you clench your teeth or feel something in the pit of your stomach? Did your heart start to pound? Stress, anxiety and depression can manifest as head or body aches, rashes, flares of existing health conditions, changes in your appetite, stomach aches, loss of energy and muscle tensions.

Ask yourself, "Have I had any recurring thoughts or does my mind keep moving back to a particular thought, encounter or conversation?" Recall these memories and review how you felt each time the recurring thought occurred. Does the emotion dissipate or intensify with each recurrence? More questions you can ask yourself, are:

- "Have I been worrying lately, and if so, what have I been worrying about?"
- "What am I doing for enjoyment and relaxation?"
- "Am I taking care of my physical health; am I eating well, moving and sleeping well?"
- "How often do I rely on alcohol or drug use to deal with my emotions?"
- "Am I afraid to tell someone how I am feeling?"

If you find that your assessment reveals any surprises, remember that Oneida Behavioral Health has resources you can use to help restore harmony in mind, body and spirit. Call us at (920) 490-3790 or learn more about the services we provide by visiting https://oneida-nsn.gov/resources/behavioral-health/.