



LOOKING BACK: A Self-Reflection

Mental Health Worksheet

What does it mean to be “sound in body, mind and spirit”?

Think about an adult in your life (a parent, teacher, coach, mentor, etc.) who is “sound in body, mind and spirit.” What do you see that makes you conclude this? What do you think this person does to achieve this result?

When you think about how you live your life overall, in what areas do you think you are “in balance?” List them below:

1. _____
2. _____
3. _____
4. _____

In what areas do you think you are “out of balance?” List them below:

1. _____
2. _____
3. _____
4. _____

Think about the last year in your life when you were depressed about something. What was that situation? What brought on your feelings of depression? How was the situation resolved? What did you learn from the situation?

