



The Busy Woman's Mental Wellness Check-In

A simple 5-minute checklist to help you
identify what you need right now.

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Introduction

Mental wellness isn't about feeling happy all the time.

It's about understanding what you need, noticing when you're struggling, and taking small steps to support yourself.

This checklist is designed for busy women who spend so much time caring for others that they forget to check in with themselves.

Take a few moments to answer honestly.
No judgment. No perfection.
Just awareness.

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SECTION 1

How Have You Been Feeling Recently?

Tick all that apply.

- Calm and settled
- Motivated
- Energized
- Hopeful
- Content
- Overwhelmed
- Irritable
- Anxious
- Emotionally exhausted
- Constantly tired
- Lonely
- Disconnected from myself
- Stressed most days
- Struggling to switch off



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SECTION 2

Physical Wellness Check

- I am sleeping at least 7 hours most nights.
- I wake up feeling reasonably rested.
- I am eating regular meals.
- I drink enough water daily.
- I move my body regularly.
- I take breaks during the day.
- I have attended to any health concerns I have been avoiding.



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SECTION 3

Emotional Wellness Check

- I allow myself to feel my emotions without judging them.
- I have someone I can talk to honestly.
- I ask for help when I need it.
- I make time for activities I enjoy.
- I have healthy ways of managing stress.
- I treat myself with kindness when things go wrong.
- I feel connected to my values and priorities.

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SECTION 4

Boundaries Check

- I can say no without excessive guilt.
- I do not feel responsible for everyone's happiness.
- I take time for myself regularly.
- I protect my rest.
- I communicate my needs clearly.
- My commitments reflect what matters most to me.

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SECTION 5

Mental Load Check

How often do these apply?

Often

Sometimes

Rarely



- I feel like I carry everything alone.
- My mind is always racing.
- I struggle to relax.
- I forget important things because I'm overwhelmed.
- I feel guilty when resting.
- I feel there is never enough time.

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REFLECTION



Complete these sentences:

Right now, I need

more: _____

Something I need to let go

of: _____

One thing I'm proud

of: _____

One small act of self-care I can do this


week: _____

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YOUR WELLNESS SCORE

Count how many boxes you ticked in Sections 2–4.


18–24

 You're maintaining many healthy wellness habits. Keep nurturing yourself.

10–17

 You're functioning, but there may be areas needing more attention and care.

0–9

 Your mind and body may be asking for support. Start with small steps and remember you don't have to do everything alone.

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Remember,
You do not need to earn rest.
You do not need to prove your worth
through productivity.
You deserve the same care and
compassion you so freely give to
others.

With love,
Dr Chichi Nwaudoh
Psychiatric Doctor & Founder of LifestylebyChi

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Ready to feel less overwhelmed?



Book your free 15-minute Mental Wellness Clarity Call.

Together we'll identify:

- ✓ What's draining your energy
- ✓ What's contributing to the overwhelm
- ✓ One practical step you can take this week

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"This checklist is intended for educational and self-reflection purposes only and is not a substitute for professional medical or mental health advice."

5 Quick Wellness Resets for Busy Days

1. Take 5 slow breaths
2. Drink a glass of water
3. Step outside for 5 minutes
4. Text someone you trust
5. Write down one thing you're grateful for



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