

THE STEVE FUND



Holiday Mental Health Check-In

The holiday season can bring joy, connection, and rest, but it can also stir up stress, pressure, and difficult emotions. This quick mental health check-in is designed to help you pause, reflect, and notice how you're really doing during this time of year. Use it as a gentle guide to recognize what's supporting you, what's challenging you, and when it might be helpful to reach out for additional support.



Holiday Mental Health Check-In

Emotional Check-In

- Have my mood or emotions shifted noticeably this week?
- Am I feeling overwhelmed, sad, irritable, numb, or disconnected?
- Have my sleep or appetite patterns changed?
- Am I more tired or distracted than usual?

Grief Check-In

- Am I navigating the loss of a loved one, a relationship, or a life change?
- Am I feeling emotional triggers around memories or traditions?
- Am I allowing myself to express my feelings without judgment?
- Do I have someone to talk to about my grief?

Anxiety Check-In

- Am I experiencing excessive or hard-to-control worry?
- Am I feeling on edge or unable to relax?
- Do I have physical anxiety symptoms (*racing heart, stomach issues, tension*)?
- Am I avoiding people or situations?
- Am I having trouble concentrating due to anxious thoughts?

Depression Check-In

- Am I feeling sad, hopeless, or empty most days?
- Am I experiencing loss of interest in things I usually enjoy?
- Do I have low energy or motivation?
- Am I feeling worthless or guilty?
- Am I withdrawing from friends or activities?
- Am I having thoughts of self-harm or suicide?
If yes, reach out for immediate support, you can text STEVE to 741741 or call/text 988.

Holiday Mental Health Check-In

Identifying Holiday Stressors



ACADEMIC

Worrying about finals, grades, or next semester



FAMILY/ SOCIAL

Tension, expectations, identity-related stress, draining gatherings



FINANCIAL

Travel costs, gifts, money concerns



ROUTINE CHANGES

Loss of structure, difficulty maintaining healthy habits

Red Flags That Need Extra Support

If you are experiencing any of the following red flags, please seek help from a professional.

- ▶ **Persistent sadness or anxiety for 2+ weeks**
- ▶ **Major changes in sleep or appetite**
- ▶ **Panic attacks or overwhelming fear**
- ▶ **Feeling isolated or unable to function**
- ▶ **Any thoughts of self-harm or suicide**

*Please reach out — you are not alone.
You can text STEVE to 741741 or call/text 988.*



Holiday Mental Health Check-In



Coping & Support

Healthy Coping:

- Journaling, breathing, movement, music, being outside
- Maintaining sleep, hydration, routine
- Avoiding substances for coping

Social Support:

- Someone I can talk to honestly
- Connection with friends or safe community
- Feeling safe where I'm staying

Professional Support:

- Knowing how to reach campus counseling or other mental health support on or off campus.
- Scheduling or continuing therapy if needed



ACTIVITY

Create a Personal Action Plan

Take a moment to pause and reflect on actions you can take to protect your mental health this holiday season. Create your personal action plan by writing out:

- One thing you can do for yourself
- One person you can reach out to
- One boundary you need to set
- One routine you want to maintain

Additional Resources

For more resources and information, scan here or visit The Steve Fund's website:



stevelfund.org