

# Midlife Mental Health Check-In

## "Am I Okay...or Just Running on Empty?"

Date \_\_\_\_\_

**Instructions: Check all that apply. This isn't a test — it's a mirror. Notice what's showing up for you, without judgment.**



### Emotional & Mental Health

- ☐ I feel like I'm just going through the motions
- ☐ I've been feeling low, flat, or disconnected - even when life looks okay
- ☐ I don't feel like myself lately
- ☐ I've been crying more often, or wanting to
- ☐ I feel more reactive or easily overwhelmed than usual
- ☐ I feel stuck - emotionally or in my day-to-day life
- ☐ I'm more irritable or impatient with people I love



### Connection & Inner Dialogue

- ☐ I feel invisible or emotionally unsupported
- ☐ I say "I'm fine" when I'm not
- ☐ I feel emotionally disconnected from the people around me
- ☐ I notice more self-doubt or critical thoughts lately
- ☐ I feel like I'm showing up in relationships out of habit, not intention
- ☐ I've been harder on myself than usual



### Mood, Focus & Cognition

- ☐ I find it hard to concentrate or stay organized
- ☐ I've been forgetting words, names, or tasks more than usual
- ☐ My moods feel unpredictable or swing quickly
- ☐ I struggle to feel motivated, even for things I normally enjoy
- ☐ I feel anxious for no clear reason



### Physical Signs of Allostatic Load (Chronic Stress Overload)

- ☐ I sleep poorly or wake up feeling unrefreshed
- ☐ I feel physically tired even after rest
- ☐ I experience frequent headaches, body tension or gut issues
- ☐ I crave sugar, caffeine, or carbs to get through the day
- ☐ My energy crashes hard in the afternoons
- ☐ I'm more sensitive to noise, light, or sensory overload



### Now What?

Checking several boxes doesn't mean you're broken — it means you're under pressure and your system is calling for care. You're carrying too much. This is a signal, not a flaw.

Here are a few next steps:

Talk to a licensed therapist or healthcare provider who understands midlife mental health.

Advocate for a full hormonal and medical workup- not just standard labs and rule out medical contributors.

Consider lifestyle adjustments and revisit your sleep, nutrition and rest rituals.

Get curious: What do I need more of right now? What can I let go of?

*This is not a diagnostic tool — it's a compass. Use it to notice and reflect, not judge. Keep it private, or bring it to a trusted provider or therapist if you choose.*

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