

Wellness

CHECK-IN



DAILY WELLNESS QUESTIONS:

- Do I feel like I got enough sleep?
- Did I take time to eat?
- Did I stretch or exercise?
- Did I spend time with people or pets I like?
- Did I do something comforting?
(Watch TV, listen to a podcast, take a bath, etc.)
- Did I ask others for help when needed?
(Lifting, scheduling, running food, etc.)
- Did I challenge myself?
- Is there someone or something
in my life I'm grateful for?
- Did I take a break from work?
Did I press pause?
- How do I feel at this moment?
On a scale of 1-5, 1 being the best I can feel.

Like physical health, mental health is something we all possess, no matter what condition it's in. We know it's difficult to maintain both while working in hospitality. We get it.

That's why CHOW wants to hear about it. Your stories of success and struggle can inspire others to keep seeking solutions to problems common to all who work in our industry.

With attention given to mental health, our industry will thrive. Whether you're in a good place or not, let's talk about: **CHOWCO.ORG**.



LET'S
TALK
ABOUT IT

**QUESTIONS TO HELP START
A CONVERSATION:**

- How are you, really?
- What's taking up most of your focus right now?
- Have you ever thought that you should cut down on your drinking or drug use?
- Have you lost interest in the things that you usually enjoy?
- Are you feeling tired or run down?
- Are you having trouble relaxing?
- Are you easily annoyed?
- Do you feel like something terrible might happen?

CHOW is a 501c3

Once you've asked, actively listen to the answer. If you've answered yes to any of the questions, consider taking an assessment on chowco.org resource page for a more complete picture.

24/7 Resources:

National Suicide Prevention Lifeline

Call 800.273.TALK (8255)

Crisis Text Line

Text NAMI to 741-741

National Domestic Violence Hotline

Call 800.799.SAFE (7233)

National Sexual Assault Hotline

Call 800.656.HOPE (4673)

National Eating Disorders Association (NEDA)

Chat online: NationalEatingDisorders.org

Sober Nation

Call 866.207.7436 for 24/7 support

Outpatient mental health & wellness services:



Khesed Wellness
KhesedWellness.com

CHOWCO.ORG

