

# MID-YEAR MENTAL WELLNESS RESET WORKBOOK

**Reflect. Recenter. Reconnect.**

A practical guide to help you pause, check in with yourself, and move through the second half of the year with intention.

**Created by**

**Stephanie Howey  
LMSW, Co-Owner  
at River's Bend PC**

**A practical guide to pause, check in, and move  
through the second half of the year with intention.**

Because your well-being matters, too.

If you're reading this, take a moment to acknowledge something:

**You paused.**

In a world that constantly tells us to do more, fix more, and push through, you've taken a few moments to check in with yourself

**That matters.**

**The middle of the year can bring unexpected emotions.**

- Maybe you're thriving.
- Maybe you're exhausted.
- Maybe you're navigating changes at home, work, or in your relationships.
- Maybe you're preparing to send a child off to college, adjusting to an empty nest, caring for aging parents, or simply wondering how six months disappeared so quickly.

You don't have to be in crisis to benefit from reflection.

This workbook isn't about becoming a "better version" of yourself.

It's about noticing.

Honoring where you are.

And taking one small step toward where you'd like to be.

**Let's begin.**

## Over the past two weeks...

I have been sleeping well.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

I have felt emotionally overwhelmed.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

I have had energy for things that matter to me.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

I have felt connected to others.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

I have relied on healthy coping skills.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

I have made time for my own well-being.

☐ Almost Always ☐ Often ☐ Sometimes ☐ Rarely

## Reflection

What is one thing I'm doing well right now?

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What has been draining me most?

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What needs my attention?

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## Stephanie's Note:

*Awareness isn't judgment. It's information.*

### I Want More Of:

- ☐ Rest
- ☐ Joy
- ☐ Movement
- ☐ Connection
- ☐ Creativity
- ☐ Boundaries
- ☐ Purpose
- ☐ Fun
- ☐ Patience
- ☐ Time Outdoors
- ☐ Community
- ☐ Other: \_\_\_\_\_

### I Need Less Of:

- ☐ Overcommitment
- ☐ Perfectionism
- ☐ Negative Self-Talk
- ☐ Isolation
- ☐ Avoidance
- ☐ Overworking
- ☐ Doom Scrolling
- ☐ Comparing Myself to Others
- ☐ People Pleasing
- ☐ Other: \_\_\_\_\_

## Looking Ahead

One thing I want to protect this season:

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One thing I'm ready to let go of:

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Choose ONE area to focus on this month.

### My Focus Area:

- |                                            |                                               |
|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Physical Health   | <input type="checkbox"/> Emotional Well-Being |
| <input type="checkbox"/> Relationships     | <input type="checkbox"/> Spiritual Growth     |
| <input type="checkbox"/> Professional Life | <input type="checkbox"/> Family               |
| <input type="checkbox"/> Stress Management | <input type="checkbox"/> Other: _____         |

### One Small Goal

This month, I will:

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I Will Know I'm Making Progress When:

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My Support System Includes:

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One Person I Can Reach Out To:

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#### Stephanie's Note:

*You don't have to overhaul your entire life. Tiny, intentional steps count.*

Sometimes self-reflection reveals that we may benefit from additional support.

Consider speaking with a healthcare provider or behavioral health professional if you are experiencing:

- Persistent sadness
- Excessive worry or anxiety
- Difficulty functioning in daily life
- Changes in sleep or appetite
- Increased reliance on alcohol or substances
- Feelings of hopelessness
- Difficulty coping with stress
- Withdrawal from people or activities you enjoy

Seeking support is not a sign of weakness.

**It's a sign of courage.**

### Support Is Available

River's Bend provides evidence-based behavioral healthcare for individuals and families throughout Southeast Michigan and the entire state through virtual services.

#### Services include:

- Mental Health Intensive Outpatient Programs (IOP)
- Substance Use Disorder Intensive Outpatient Programs (IOP)
- Partial Hospitalization Programs (PHP)
- In-Person Services in Southeast Michigan
- Virtual Appointments Available Throughout Michigan

### Crisis Support

**Call or Text 988**

If you or someone you know is experiencing a mental health crisis.



## A Mid-Year Permission Slip

As you move into the second half of the year, may you remember:

You don't have to earn rest.

You don't have to have everything figured out.

You don't have to wait for a crisis to ask for help.

You are allowed to change course.

You are allowed to start again.

You are allowed to celebrate how far you've come.

And you are allowed to care for yourself with the same compassion you so freely offer others.

One deep breath.

One small step.

One day at a time.

**You've got this.**

With warmth,

**Stephanie Howey**

Co-Owner, River's Bend

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