

*The 5-Stage
Barometer for*

YOUR DAILY MENTAL HEALTH CHECKS

**DESIGNED & WRITTEN BY
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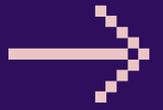
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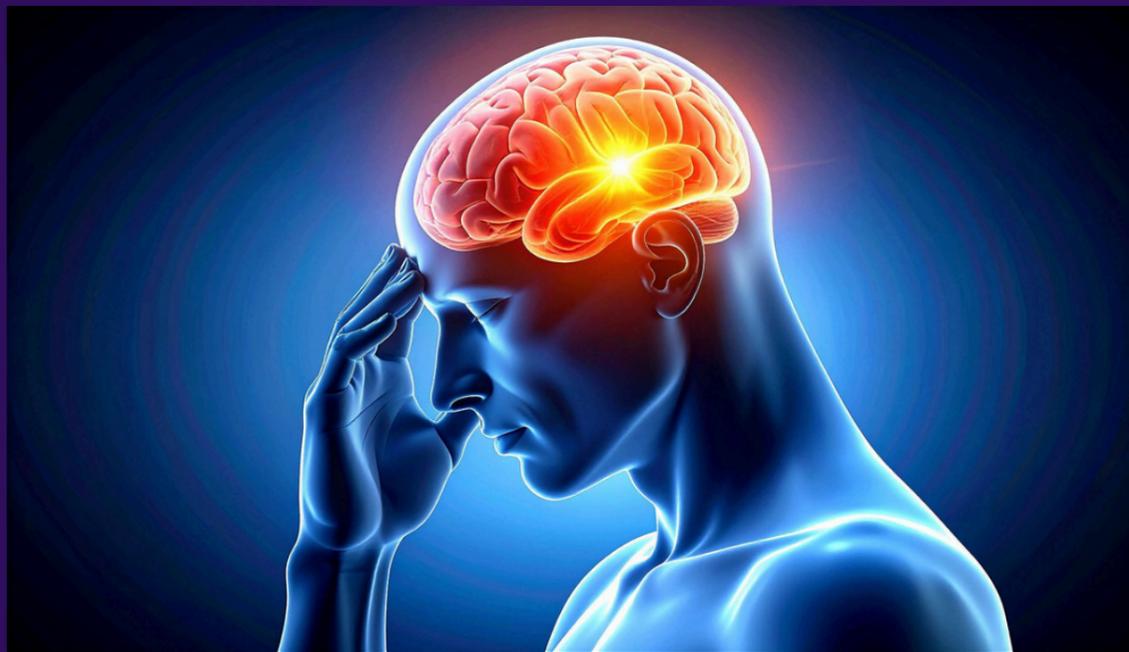
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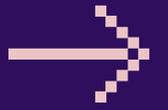
THE HUMAN ALERT SYSTEM



Our brains, bodies, and nervous systems are essentially alert systems that notify us about any system hiccups or disfunctions. It's similar to how a barometer determines weather.

Mental Health Symptoms for depression and anxiety look and feel different for each one of us. Each falls along a wide spectrum from having the "blues" or feeling nervous all the way to inpatient mental health care.

Learn how to recognize Stage 1



THE 2-WEEK NOTICE

2026		JANUARY					
SUN	MON	TUE	WED	THU	FRI	SAT	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

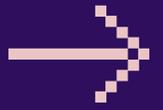
Experts report that when we “have the blues” or “are nervous” for two weeks or longer, it’s time to see your doctor for an evaluation.

How do we know the symptoms after two weeks? I found it difficult to identify the severity of my symptoms, so I created the “5-Stage Mental Health Barometer.” It helps me identify my levels of depression or anxiety so I can stop it before I enter the next stage. And it even stops me from having dark thoughts and avoid suicidal ideations!

Remember depression and anxiety show up differently in each of us. I encourage you to list symptoms that are true to you in each of the 5 Stages!



Learn how to recognize Stage 2



STAGE 1

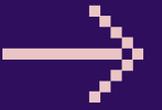
SUNNY & HAPPY



In Stage 1, the sun is shining, and the sky is free from clouds.

You are likely feeling your best: happy, organized, focused, and life is manageable and maybe “in-flow.” All systems are positive.

Learn how to recognize Stage 3



STAGE 2

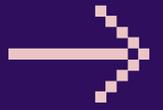
A LITTLE CLOUDY & OFF



In Stage 2, the clouds start to slowly move in and block sunny vibes. You may feel “okay,” or maybe a little “off.” You are definitely not sunny.

Your symptoms could be sad, uncertainty, tired, headache, scrambled, discontented, or indifferent. Remember each of our symptoms are different. I encourage you to change these stages to your own symptoms.

Learn how to recognize Stage 4



STAGE 3

DARK SKIES & DISCONNECTED

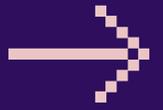


In Stage 3, the majority of the sky fills with dark clouds. You may feel gloomy and prefer to disconnect from your usual activities.

Your symptoms advance from Stage 2. You may feel sadder, crying, angry, guilty, sleep difficulties, stressed, doubtful, or physical pains like stomach ache, back pain.

As you recognize which stage you feel, think about how long it's been. Longer than two weeks? It's time to call your doctor for a simple evaluation and discussion.

Learn how to recognize Stage 5



STAGE 4

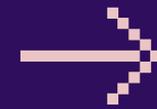
STORMY & SHAKY



In Stage 4, a massive storm has arrived. Thunder, lightning, and heavy rain surround you. You may feel off-center.

Your symptoms advance from Stage 3. You may feel angrier, frustrated, short tempered, lack of hope, extreme moods, fatigue, weight gain/weight loss, obsessed, spiraling, social isolation, lack of hope, or glimpses of dark thoughts.

Next Steps...



STAGE 5

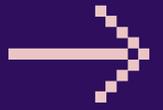
DARK VORTEX, OUT OF CONTROL



In Stage 5, darkness surrounds you, and you are feeling out of control like a tornado. Everything seems to be going in different directions, and you have trouble making decisions.

Your symptoms advance from Stage 4. You may feel rageful, lose interest, find lack of pleasure, numbness, social isolation, relationship conflict, worthlessness, change of beliefs, doubtful, or recurring thoughts of suicide or death. Call/Text the Crisis Lifeline, 988 anytime for empathetic and compassionate support.

Learn more solutions to support your mental health.



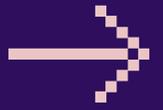
YOU KNOW YOUR STAGE, WHAT NEXT?



Once you identify your barometer stage, you are able to recognize the symptoms and determine the next best step for you. I found it extremely helpful to turn it around by Stage 3 so I don't enter into the darkness.

Instead, I determine what I need to do to get into a neutral or sunny mental health state. Everyone is different. Choose your own. The next page offers action steps. You can choose to go slow and steady, or pivot immediately. Be gentle on yourself. The goal is to return to the best state you desire. If that feels too difficult, see your doctor as soon as possible, and/or call/text the Lifeline 988.

Learn more solutions to support your mental health.



SIMPLE STRATEGIES TO INCREASE MENTAL HEALTH



At any stage, the following actions can be a positive step to get you to a neutral state or back to sunny.

- Reach out to someone you trust, and say, "I am struggling, and I can't be alone right now."
- Pause, do some breathing exercises, meditate, read an uplifting book or listen to uplifting music, books, or podcasts.
- Take a break, walk outside, or go to the gym.
- Call a friend or invite them to do something with you.
- Nourish your body and soul with a healthy meal.
- Do something you love.
- Watch a comedy show.
- Ask for hugs from your loved ones.
- Ask for someone to sit with you in silence.
- Call or text the Crisis Lifeline, 988 for support and guidance. Visit [website](#).

HEALTHY LIFE SOLUTIONS FOR BETTER MENTAL HEALTH

Solutions for Depression

Each one of us is unique and need different treatments.



EXERCISE



NUTRITION



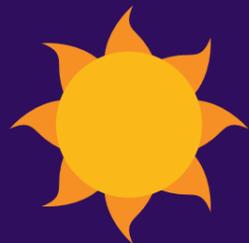
DOCTOR VISIT



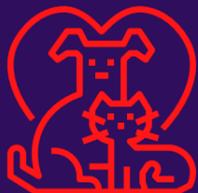
TALK THERAPY



MEDICATION



LIGHT THERAPY



PETS / SOCIAL
SUPPORT



POSITIVE
MINDSET

YOUR TOOL BOX!

- List of Fave Activities
- Journal
- Favorite Photos
- Good Book
- Positive letters to self
- Cards from others
- Funny gifts
- Encouragement cards
- Quotes
- Memories
- Hobbies
- List of people to call

Suicide
Prevention
988
~
Depression &
Substance Abuse
1-800-662-4357

Your mental health matters to you and to everyone you know. Experts recommend checking your mental health 3-5 times per day. Promise yourself to learn more about mental health conditions, and do whatever you need to learn how to recognize, improve, and treat your symptoms. No one should have to struggle through life when there are options to support you.

If you found this post to be valuable, please repost, share, and comment. Cheers to your health!