## Mental Health Check In

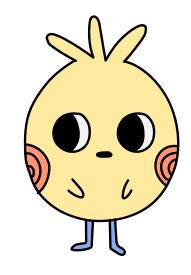
## MUMMYCONQUERINGANXIETY.COM



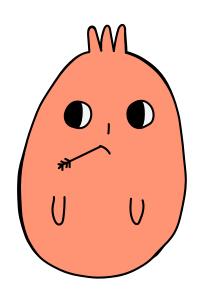
Feeling Great



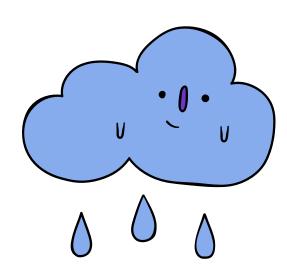
Pretty Good



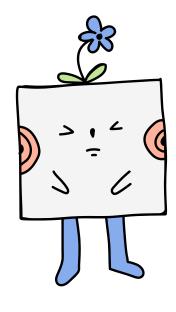
Doing Okay



Coyld Be Better



Really Struggling



I Need Support