MENTAL HEALTH TIC-TAC-TOE

DEPRESSION

Be a kid again and play Blissful-Faith's rendition of the classic Tic-Tac-Toe game by answering these yes or no questions.

Did you laugh or smile today?	**Did you get any sleep lastnight?**	**Are you experiencing negative thoughts?**
Are you okay now?	**Is life stress you out?**	**Did you shower/bathe today?**
Did you eat today?	**Are you experiencing body aches?**	**Were you social in real life today?**

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