

Mental Health Checklist

Daily

- Move my body each hour.
- Take a screen time break
- Eat fruits and vegetables
- Sleep for 7-9 hours a night

Weekly

- Connect with a friend
- Plan an outdoor activity like a walk or bike ride.
- Set a new goal and work toward achieving it
- Claim a win for the week. Celebrate with a reward.

Monthly

- Finish reading a book
- Take a break from all news or social media for a day
- Try your hand at a new creative activity.
- Help someone in need.

Reflections

Tip

Write down or say aloud three things that I am grateful for on a daily basis.

Check-in with how you are feeling often!