

Mental Health Checklist

- Get up in the am, take a breath and stretch
- Read a positive affirmation
- Appreciate who you are and what you are doing
- Move your body
- Work as efficiently as possible
- Go outside and see the sun
- Practice mindfulness daily and stay in the moment
- Get out of bed and take care of your hygiene
- Fuel your body with nutrition
- Drink plenty of water per hydration
- Connect with family and friends
- Plan a fun activity
- Shut down screen time
- Go to bed on time
- Learn to relax and decompress
- Get 8+ hours of sleep

Question: What is your “WIN” for the week?