

Mental Health Checklist

DURING TIMES OF UNCERTAINTY



I GOT OUT OF BED AND TOOK A DEEP BREATH IN AND OUT



I DID SOMETHING TO SUPPORT MY BODY (SLEEP, EAT, EXERCISE)



I TOOK BREAKS WHEN I NEEDED THEM TO DO SOMETHING I ENJOY



I PRACTICED SELF-COMPASSION AND GAVE MYSELF GRACE



I SHIFTED MY THOUGHTS TO WHAT I CAN CONTROL AND CAN DO VERSUS WHAT I CAN'T



I CONNECTED WITH SOMEONE



I ACKNOWLEDGED SMALL WINS OR GRATITUDES



I ASKED FOR HELP WHEN I NEEDED IT



I TOOK THINGS ONE MOMENT AND DAY AT A TIME

Mental Health Checklist

Jicheng Xie



Mental Health Checklist:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with its touching creation, Tender Moments: **Mental Health Checklist** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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