

MENTAL HEALTH CHECKLIST

What promise of God do I need to meditate on today?



How am I feeling? (Physically & Mentally)



How long have I spent on my phone today?



When did I last eat a whole meal?



When did I last do a kind thing for someone else?



When did I last talk to someone about my feelings?



What can I celebrate today?



When did I last go outside?



What is taking up most of my headspace?



What can I do that will bring me joy?



Checklist Mental Health

J Rink



Checklist Mental Health:

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of characteristic of or resembling a serpent as in form or movement having a winding course as a road sinuous shrewd wily or cunning noun a device on a harquebus lock for holding the

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serpentinite is a rock composed predominantly of one or more serpentine group minerals the name originating from the

similarity of the texture of the rock to that of the skin of a snake serpentinite has been called serpentine or serpentine rock particularly in older geological texts and in wider cultural settings

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serpentine any of a group of hydrous magnesium rich silicate minerals the composition of these common rock forming minerals approximates $\text{mg}_3\text{si}_2\text{o}_5\text{oh}_4$ serpentine generally occurs in three polymorphs chrysotile a fibrous variety used as asbestos antigorite a variety occurring in either

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serpentine is the name given to a subgroup of magnesium asbestos and silicate minerals formed in serpentinite rock it commonly crystallizes in the forms of masses fibrous grains and flat like plates the colors can vary from light and dark greens to brown yellow white and grey

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