

# 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

**Ruth Elder, Debra Nizette, Katie Evans**

## **Mental Health Checklist:**

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Mental Health Checklist** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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