

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

CL Gary



Mental Health Checklist:

Uncover the mysteries within its enigmatic creation, Embark on a Mystery with **Mental Health Checklist** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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