Mental Health Checklist

DURING TIMES OF UNCERTAINITY

☑ 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

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Mental Health Checklist

Mary Beth Early

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