

# 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

**Mary Beth Early**



**Checklist Mental Health:**

Embark on a transformative journey with Written by is captivating work, **Checklist Mental Health** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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