

# MENTAL HEALTH AWARENESS MONTH

# Mental Health Checklist

## EVERY DAY I WILL:

- Move my body
- Take a screen-time break
- State 3 things I am grateful for (write down or say aloud)
- Eat fruits and vegetables
- Sleep for 7-9 hours a night

## ONCE EACH WEEK I WILL:

- Connect virtually with a friend or family member
- Plan an outdoor activity, like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project
- Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

## ONCE THIS MONTH I WILL:

- Finish reading a book
- Take a 1-day break from all social media and news
- Try a creative activity
- Help someone or complete a community service project

Choose 2 more activities that are personal and meaningful to your mental health:

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## REFLECTIONS:

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♥ **MENTAL HEALTH TIP:** Check-in with how you are feeling often! "Labeling your emotions is key. If you can name it, you can tame it." – Marc Brackett, Ph.D., Yale Center for Emotional Intelligence