MY MENTAL HEALTH CHECKLIST

Welcome to your Mental Health checklist! You can use this list any day you choose, but it is particularly important to do on days when you’re feeling a little down or anxious. There are loads of ways for you to help yourself feel better - and it all starts with treating your body and mind with kindness - and some healthy practices!

NAME: ..........................................................  DATE: ..........................................................

1. Eating well:
   □ I have had plenty of fruits and vegetables.
   □ I have eaten protein foods like chicken, pork, beans or tofu.
   □ I have limited my intake of sugary drinks, deep-fried food, cookies and cake, processed foods, chocolates and candies, and sweetened breakfast cereals.

2. Drinking water:
   □ I had at least 8 cups of water.

3. Moving my body:
   □ I have been physically active for at least 60 minutes.

4. Getting rest:
   □ I regularly get 10-11 hours of sleep per night.
   □ I have a regular bedtime routine that helps me calm myself and prepare for sleep.

5. Managing my screen time:
   □ I have had less than two hours of screen time.
   □ Last night I did not go on any screen at least two hours before bed.

6. Being outside:
   □ I have been outside in the fresh air for at least 60 minutes.

7. Spending time with my family:
   □ I have spent quality time with my family.

8. Spending time with my friends:
   □ I have spent quality time with my friends and people who make me happy and bring me joy.

9. Doing activities I love to do:
   □ I have done activities that make me happy and bring me joy.

10. Practicing gratitude:
    □ I have thought about all the things I have in my life that I am grateful for.
    □ 3 things I’m grateful for: 1) _____________________________ 2) _____________________________ 3) _____________________________

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