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) _____