

MENTAL HEALTH CHECK LIST

SELF CARE MEANS TAKING CARE OF ALL ASPECTS OF YOURSELF - FROM YOUR THOUGHTS TO YOUR ACTIONS. PAY ATTENTION TO:

YOUR BODY

NOTICE HOW YOU ARE HOLDING YOUR BODY & WHERE YOU MAY BE FEELING STRESS.

YOUR FEELINGS

CHECK IN WITH YOUR FEELINGS A COUPLE OF TIMES.

YOUR DAILY SLEEP

PRACTICE GOOD SLEEP BEHAVIOUR & NOTICE IF ANYTHING CHANGES.

YOUR THOUGHTS

PAY ATTENTION TO THE QUALITY OF YOUR THOUGHTS. THE THINGS WE TELL OURSELVES CAN HAVE A BIG IMPACT ON OUR WELL-BEING.



1

HAVE A CHECK IN BUDDY - SOMEONE YOU TRUST TO CHECK IN WITH REGULARLY.



2

GET PHYSICAL - GET OUTSIDE, EXERCISE, MOVE, GET OUT OF YOUR HEAD AND INTO YOUR BODY!

3

MINDFULNESS - OFFERING OURSELVES BREAKS TO RECOVER AND REST ARE IMPORTANT IN BUSY STRESSFUL LIVES.



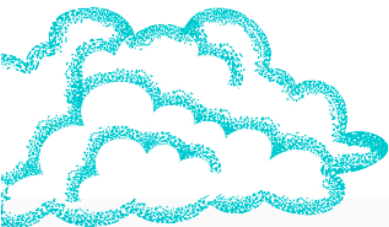
4

DO SOMETHING ENJOYABLE - CREATE A LIST OF YOUR TOP 5 GO TO FUN ACTIVITIES AND KEEP IT HANDY.



5

DO LESS - OFFER YOURSELF DOWN TIME, TIME TO RECOVER AND TIME TO REST.



6

GET PROFESSIONAL HELP - GET SUPPORT FROM A PSYCHOLOGIST.

