

# Mental Health Checklist

DURING TIMES OF UNCERTAINTY



**I GOT OUT OF BED AND TOOK A DEEP BREATH IN AND OUT**



**I DID SOMETHING TO SUPPORT MY BODY (SLEEP, EAT, EXERCISE)**



**I TOOK BREAKS WHEN I NEEDED THEM TO DO SOMETHING I ENJOY**



**I PRACTICED SELF-COMPASSION AND GAVE MYSELF GRACE**



**I SHIFTED MY THOUGHTS TO WHAT I CAN CONTROL AND CAN DO VERSUS WHAT I CAN'T**



**I CONNECTED WITH SOMEONE**



**I ACKNOWLEDGED SMALL WINS OR GRATITUDES**



**I ASKED FOR HELP WHEN I NEEDED IT**



**I TOOK THINGS ONE MOMENT AND DAY AT A TIME**

# Mental Health Checklist

**Sage Liskey**



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