

# Mental Health Self-Care Checklist

## Physical Health

- Engage in regular physical activity.
- Prioritize sufficient and quality sleep each night.
- Maintain a balanced and nutritious diet.



## Emotional Well-Being

- Practice mindfulness or meditation.
- Journal regularly to express and process emotions.
- Engage in joy-inducing activities.



## Social Connection

- Foster connections with friends and family regularly.
- Schedule social activities that bring a sense of community.
- Communicate openly with loved ones about feelings and needs.



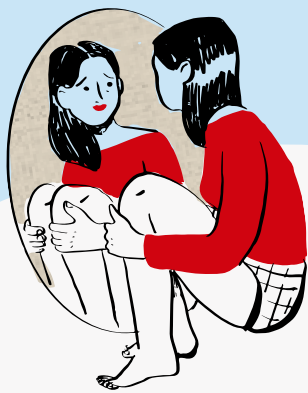
## Setting Boundaries

- Learn to say 'no' to avoid overcommitting.
- Establish clear boundaries in personal and professional relationships.
- Prioritize personal time for rest and relaxation.



## Mind Stimulation

- Read books, articles, or engage in educational activities.
- Explore creative pursuits like art, writing, or music.
- Challenge your mind with puzzles or cognitive exercises.



## Gratitude Practice

- Maintain a gratitude journal to focus on positive aspects of life.
- Express gratitude to others.
- Reflect on positive moments each day.



## Hobbies and Enjoyable Activities

- Engage in hobbies or activities that bring joy.
- Schedule regular 'me time' for activities you love.
- Try something new to keep life interesting.



## Relaxation Techniques

- Practice deep breathing exercises or progressive muscle relaxation.
- Take breaks throughout the day to recharge.
- Schedule downtime for activities that bring peace and relaxation.