



HEALTH AND WELLBEING CHECKLIST

Date

35

Mental Health Wellness

Prioritising mental health supports emotional balance and resilience. Use this checklist to maintain and improve your mental well-being.

Practice Daily Gratitude

- Reflect on three things you're grateful for each day to boost positivity.
- Example: "I'm grateful for my supportive friend, a sunny morning, and my health."



Set Realistic Expectations

- Avoid overloading yourself with unrealistic goals or standards.
- Tip: Break big tasks into smaller, manageable steps.



Connect with Supportive People

- Spend time with friends, family, or groups that uplift you.
- Example: Schedule weekly catch-ups with a close friend.



Engage in Regular Exercise

- Physical activity can improve mood and reduce stress.
- Tip: Aim for at least 30 minutes of movement 3-5 times a week.



Limit Social Media Use

- Set boundaries to avoid comparison or information overload.
- Tip: Use apps to track and limit screen time.



Develop a Relaxation Practice

- Incorporate activities like meditation, yoga, or Journalling into your routine.
- Example: Spend minutes Journalling about your feelings before bed.



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Checklists



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Set Boundaries to Protect Your Energy

- Communicate limits to avoid overcommitment and burnout.
- Tip: Politely decline requests that don't align with your priorities.



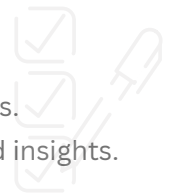
Spend Time in Nature

- Go outdoors regularly to reduce stress and improve mood.
- Example: Take a daily walk in the park or sit in a garden for minutes.



Seek Professional Support When Needed

- Reach out to a therapist or counsellor if you're struggling with mental health challenges.
- Tip: Regular check-ins with a mental health professional can provide valuable tools and insights.



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