



# *Mental Health Awareness Month*

## MENTAL HEALTH CHECKLIST

### EVERYDAY I WILL:

- Move my body.
- Take a screen-time break.
- State 3 things I am grateful for (write down and share).
- Sleep 7-9 hours a day.

### ONCE THIS MONTH I WILL:

- Ask for help with my thoughts and emotions.
- Give myself compassion.
- Seek to destigmatize mental pain when myself and others are feeling low, sad, anxious, fearful, and more.

### ONCE EACH WEEK I WILL:

- Connect with a friend or family member.
- Plan an outdoor activity, like a walk, picnic, or other body-moving activity.
- Set a realistic goal to reach for the week like awareness around thoughts, ask for help, or volunteer time.
- Claim a win for the week: It can be or small. Celebrate and reward yourself with an act of kindness towards yourself.

### REFLECTIONS:

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