

# Your mental health check in

HOW AM I REALLY DOING TODAY?

HOW AM I  
feeling  
physically?

HOW AM I  
feeling  
mentally?

HOW AM I  
feeling  
emotionally?

HOW AM I  
feeling  
spiritually?

AM I  
remembering  
to breathe?

AM I  
expressing  
myself?

AM I  
drinking  
water?

AM I  
nourishing  
myself  
with food?

HAVE I  
taken a  
shower or  
bath today?

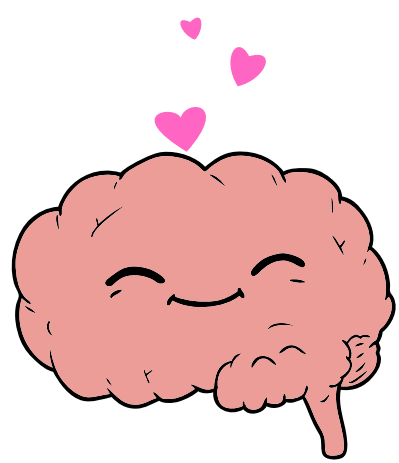
AM I  
tired?

HAVE I  
gone  
outside  
today?

HAVE I  
connected  
to my body  
today?

HAVE I  
connected  
with others?

HAVE I  
connected  
with myself?



# Your self-care challenge

HOW AM I NURTURING MYSELF TODAY?

<p><i>listen</i> TO MUSIC</p>	<p><i>journal</i> IT OUT</p>	<p>TAKE A <i>nap</i></p>	<p>DRINK <i>tea</i></p>	<p><i>read</i> A BOOK</p>
<p><i>relax</i> IN AN EPSOM SALT BATH</p>	<p><i>talk</i> TO A FRIEND</p>	<p>MINDFULLY <i>eat</i> A MEAL</p>	<p><i>sensually</i> TOUCH YOURSELF</p>	<p>TAKE A <i>walk</i></p>
<p><i>play</i> VIDEO GAMES</p>	<p>DRINK <i>water</i></p>	<p>ESTABLISH A <i>bedtime</i> <i>routine</i></p>	<p><i>learn</i> SOMETHING NEW</p>	<p><i>create</i> SOMETHING</p>
<p>DO A <i>meditation</i> FOR 5 MIN</p>	<p>FOCUS ON <i>self</i> <i>compassion</i></p>	<p><i>sing</i> IN THE CAR OR YOUR ROOM</p>	<p><i>dance</i> IT OUT</p>	<p>DO <i>yoga</i></p>
<p>SET <i>boundaries</i></p>	<p>SIT IN THE <i>sun</i> FOR 15 MIN</p>	<p><i>watch</i> NETFLIX</p>	<p><i>cuddle</i> WITH A SOFT BLANKET OR STUFFIE</p>	<p><i>clean</i> SOMETHING</p>