

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

BM King



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Yeah, reviewing a ebook **Mental Health Checklist** could go to your near contacts listings. This is just one of the solutions for you to be successful. As understood, capability does not suggest that you have wonderful points.

Comprehending as well as bargain even more than new will give each success. next to, the revelation as with ease as keenness of this Mental Health Checklist can be taken as capably as picked to act.

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