

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

CL Gary



Mental Health Checklist:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Mental Health Checklist** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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