

MENTAL HEALTH AWARENESS MONTH

Mental Health Checklist

EVERY DAY I WILL:

- ☐ Move my body
- ☐ Take a screen-time break
- ☐ State 3 things I am grateful for (write down or say aloud)
- ☐ Eat fruits and vegetables
- ☐ Sleep for 7-9 hours a night

ONCE EACH WEEK I WILL:

- ☐ Connect virtually with a friend or family member
- ☐ Plan an outdoor activity, like a picnic, hike or bicycle ride
- ☐ Set a new goal, like finishing a work, school or home project
- ☐ Claim a win for the week: It can be big or small. Celebrate with a reward or an act of kindness towards yourself!

ONCE THIS MONTH I WILL:

- ☐ Finish reading a book
- ☐ Take a 1-day break from all social media and news
- ☐ Try a creative activity
- ☐ Help someone or complete a community service project

Choose 2 more activities that are personal and meaningful to your mental health:

- ☐ _____
- ☐ _____

REFLECTIONS:

♥ **MENTAL HEALTH TIP:** Check-in with how you are feeling often! "Labeling your emotions is key. If you can name it, you can tame it." — Marc Brackett, Ph.D., Yale Center for Emotional Intelligence

Make It OK

MakItOK.org/IOWA