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:

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♥ **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

MakeItOK.org/IOWA