Mental Health Checklist

Everyday

- ✓ Move my body
- ✓ Take a break from screens
- ✓ Say 3 things I am grateful for
- ✓ Eat healthy
- ✓ Sleep for 7-9 hours
- ✓ Pray/Connect with faith

Once a week

- ✓ Connect with a friend/family member
- ✓ Plan an outdoor activity
- ✓ Set a new goal (school, home or activity)
- ✓ Claim and Celebrate a win

Once a month

- ✓ Try a creative activity or new hobby
- ✓ Finish a book
- ✓ Take a 1 day break from social media
- ✓ Help someone

Good mental health tip: Check in with your feelings often, and if you need help, ASK!

JSERRA CATHOLIC HIGH SCHOOL