

mental-care checklist

week

activity	s	m	t	w	t	f	s
don't forget to take care of yourself and your health	<input type="checkbox"/>						
exercise, eat healthy and get enough sleep	<input type="checkbox"/>						
use relaxation through meditation or deep breathing	<input type="checkbox"/>						
communicate with loved ones and friends	<input type="checkbox"/>						
set realistic goals and manage time effectively	<input type="checkbox"/>						
do things you enjoy	<input type="checkbox"/>						
attend professional counseling sessions	<input type="checkbox"/>						
limit exposure to negative news or social media	<input type="checkbox"/>						
take breaks from work to rest and recuperate	<input type="checkbox"/>						

notes