

mental-care checklist

week

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

notes