

Mental Health Checklist

Daily and weekly self-care habits to support and protect your mental wellbeing.

Care for the Basics

- Aim for a consistent sleep and wake time
- Eat regular, balanced meals and stay hydrated
Skipping meals can quietly affect mood and concentration.
- Move your body in a way that feels good for you
- Get outside for daylight and fresh air
- Limit alcohol and other things that can lower your mood
- Rest when you need it without guilt

Check in With Your Feelings

- Pause and name how you are feeling today
- Notice your mood without judging it as good or bad
- Write down what is on your mind or weighing on you
- Acknowledge small wins and things that went okay
- Be kind to yourself on harder days
Speak to yourself as you would to a friend.
- Notice early warning signs that you may be struggling

Manage Stress

- Take short breaks during a busy or demanding day
- Practice slow breathing or a brief grounding exercise
- Spend a few minutes on mindfulness or quiet time
- Break large worries or tasks into smaller steps
- Set realistic expectations and let go of perfection
- Limit news and social media when it feels overwhelming

Stay Connected

- Reach out to someone you trust, even with a short message
- Spend time with people who make you feel supported
- Talk about how you are really doing with someone safe
- Ask for help when you need it
Sharing how you feel can ease the weight of carrying it alone.
- Set gentle boundaries to protect your energy
- Avoid isolating yourself when you are struggling

Do What Restores You

- Make time for a hobby or activity you enjoy
- Spend a little time in nature when you can
- Do something creative, playful, or just for fun
- Listen to music or something that lifts your mood
- Allow yourself genuine downtime to recharge
- Plan something small to look forward to

Weekly Wellbeing Review

- Reflect on how your mood has been over the week
- Notice what helped and what drained you
- Adjust one routine or boundary for next week
- Catch up with someone you care about
- Consider speaking to a professional if you have struggled for a while
- Important: This checklist is general self-care information, not medical advice. If you are struggling, please reach out to a doctor or a qualified mental-health professional.