

# 5 Minute Mental Health Checklist:

**Are you okay? Please take a minute to review your current mental health.**

**Please know that in the days to come, some of us may experience mental health symptoms.**

**Please stay connected to yourself and your support systems.**

**Call us for support  
888-237-4567**



- 1** Have I eaten regular meals?
- 2** Has my mood changed recently?
- 3** Have I showered today?
- 4** Am I getting enough sleep?
- 5** Have I been thinking kind thoughts to myself?
- 6** Have I moved my body today?
- 7** Have I spent time outside in fresh air?
- 8** Have I connected with someone I love?