

Daily Mental Wellbeing Checklist



Keep hydrated



What's worrying me today? Can I influence/change it?

What will I do to take care of me today?

My 1 hour of exercise will be...

3 healthy things I will eat today...

Remember:

- **Try to reduce 'scrolling' time**
- **Reduce your exposure to the news**
- **You're doing just great (even though it may not always feel like you are)**

One thing I am grateful for today

