Huckleberry Grove Daily Mental Health Checklist

Don't give up, the beginning is always the hardest.

Go for a walk - this will ensure you get some exercise and sunlight. Start with just round the block and work up to 30 mins.

Do something for someone else - we often underestimate the good feeling from helping others

Have a good sleep - no caffeine 4-6 hours before bed. Try a guided meditation before bed. Help to identify if you have sleep issues.

Nutrition - whatever works for you. Try increasing your fruit or vegetable intake or cut down on sugar.

Water - try having a drink of water when you wake up, instead or with your coffee. Stay hydrated during the day.

Mindfulness - find a quiet place you won't be disturbed. Close your eyes and simply observe your thoughts for between 5 to 20 mins.

Grateful for this week - at the end of each week, write down something you were grateful for that week.

Achievement this week - at the end of each week, write something down you are proud of achieving that week.

If you don't manage all of these everyday, don't beat yourself up. We are our worst worst enemy. Accept that life happens sometimes and try again the next day. No stress.

	Days						
	M	T	W	T	F	S	S
Go for a walk	☐	☐	☐	☐	☐	☐	☐
Do something for someone else	☐	☐	☐	☐	☐	☐	☐
Have a good sleep	☐	☐	☐	☐	☐	☐	☐
Nutrition	☐	☐	☐	☐	☐	☐	☐
Water	☐	☐	☐	☐	☐	☐	☐
Mindfulness	☐	☐	☐	☐	☐	☐	☐

Grateful for this week _____

Achievement this week _____