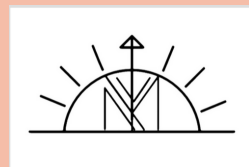


# MENTAL HEALTH CHECKLIST



@YOUMATTERFEST  
WEEKLY  
CHECKLIST

ESSENTIALS

M

T

W

TH

F

EAT SOMETHING HEALTHY

WRITE IN YOUR JOURNAL

TALK TO A LOVED ONE

LISTEN TO MUSIC

GET YOUR BODY MOVING

MEDITATE/QUIET TIME

STAY HYDRATED

GO OUTSIDE

READ A BOOK

TAKE A BATH OR A SHOWER

DO SOMETHING YOU LOVE

GET ENOUGH SLEEP

CONNECT WITH FRIENDS

LEARN SOMETHING NEW