

Mindful Monday



Mental Health Checklist

With all that’s going on around us these days, it’s important for us to take a moment each day to check in with ourselves and see how we are doing. It’s easy to get wrapped up in our worries and anxieties and we can sometimes lose sight of taking care of ourselves.

Here’s a checklist of questions to ask yourself each day. Think of it as a way to recharge your battery to help maintain your mental health.

<input type="checkbox"/>	Have you eaten anything in the past few hours?
<input type="checkbox"/>	Have you had any water in the last hour? It’s important to stay hydrated.
<input type="checkbox"/>	Have you showered, washed your face or brushed your teeth today?
<input type="checkbox"/>	Did you get enough sleep? Take a short nap or get to bed early.
<input type="checkbox"/>	Have you been outside today?
<input type="checkbox"/>	Is it daytime? If so, are you dressed?
<input type="checkbox"/>	Is it night time? Can’t sleep? Lie down for 15, take deep breaths and spend time in silence.
<input type="checkbox"/>	Have you done an activity today you enjoy? Take a break from social media and listen to music, read a book, take a walk, or do something that brings you joy.
<input type="checkbox"/>	What are you grateful for today?
<input type="checkbox"/>	Have you connected with others recently?

NAMI Vermont Minute:

How are you doing? If you are struggling to maintain your mental health, reach out to NAMI Vermont. In addition to support groups and classes, we also offer an online weekly check in on Mondays at 1 pm ([Click here for the meeting link](#)). For more information about all of our offerings, email info@namivt.org or call 802-876-7949.