CHECKLIST FOR BAD MENTAL HEALTH DAYS

CHECK-INS FOR WHEN YOU FEEL LIKE SH*T

Have you:

- Eaten in the last 3-4 hours?
- Had enough water today? (You can usually use a little more than you think you need.)
- Had a shower today?
- Taken any meds you might need? (This can be anything from mood stabilizers to ibuprofen for a headache)
- Been outside today?
- Gotten any exercise recently? This doesn't have to be any kind of intense cardio or anything, even a short walk will do.)
- Slept enough? (If it's possible, try to take a quick nap.)
- Made any necessary appointments? (With your therapist, psychiatrist, chiropractor, regular doctor, etc.)

Bonus Round:

- Try a quick ten-minute meditation. (There's tons of guided meditation videos on YouTube to help you out.)
- Are your surroundings messy? Do a five-minute sweep and throw away any trash that might have accumulated in your space.
- Take some time to journal about how you're feeling. This can help you sort out what's upsetting you, if you're not sure.
- Reach out to someone you like. You can talk to them about how you're feeling if you want, but you don't have to if that feels too uncomfortable. If you need help with anything, try to ask for that help.
- Take half an hour to do whatever you want to do. Do you want to lie in bed doing nothing? Awesome. Do you want to cuddle your cat or play 2048 or watch an ASMR video or listen to a podcast? Perfect. Anything you want to do (as long as it's not harmful).

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My Favorite Self Care Practices

People I Know I Can Call for Help: