



Mental Health Checklist

- Take your emotional temperature regularly (rate your feelings on a scale of 1 to 10) what do you need to be the next notch up?
- Listen to understand rather than listen to respond.
- Remember many varying emotions are normal, it's when negative emotions become unmanageable and affect your everyday life that you need to seek help.
- Name your emotions to tame your emotions.
- Respect your limits and take the pressure off.
- Manage your digital wellbeing by taking digital downtime.
- Step away from your screen and connect with nature.
- Use an anxiety thermometer to relate your feelings in your body to an emotion.
- Build your growth mindset by focussing on your efforts and not on the end result.
- Embrace imperfection and creativity.
- Try different strategies if the first one isn't working.
- View challenges as opportunities to grow.
- Remind yourself that you may not be in control of a situation but you are in charge of how you respond.
- Rest and recharge.
- Take a step back and breathe.
- Create a bank of coping thoughts ('Not everything will go my way, but I can be flexible').
- Remember a bad day does not equal a bad life.
- Not all thoughts are true.
- Feelings are not facts.
- Be gentle with yourself and let the storm pass, trust your strength and resilience.
- Sadness might be telling you that you need to cry.
- Loneliness might be telling you that you need connection.
- Shame might be telling you that you need self-compassion.
- Challenge your negative thoughts ('If my friend thought this, what would I be telling them?').
- Create a mantra to manage worry ('I've been here before and I've got through this, these feelings will pass').
- Focus on the things you can control (asking for help, setting your boundaries, what goals you create for yourself, how you speak to yourself).
- Remember you are enough.
- Know where to access additional support if you should need it.