

Daily well-being checklist

May is mental health month, and there is no better time than now to ensure your emotional well-being is taken care of. Psychologist at Copeman Healthcare, Dr. Mary Ross, encourages you to treat yourself with kindness and compassion. Use this checklist to gently guide yourself along the right path with these simple practices performed daily.

Essential tasks:

Shower



Take your medication



Eat at least one nutritious thing



Be kind to yourself - take the pressure off!



Acknowledge small steps taken



Reach out to a person outside of your household



Do one thing to get your heart rate up (and try to go outside)



Do one nice thing for yourself



Clean/organize one thing or space



Take moments to focus yourself in the present (note something you hear, see, smell, or find beautiful)



Write down three things you are grateful for:

① _____

② _____

③ _____



supported by
 TELUS Health