

# Checklist

## MENTAL HEALTH

- ☐ Journal (at least once per week)
- ☐ Self Assessment often
- ☐ Counselling (at least bimonthly)
- ☐ Self-Care Daily ♥
- ☐ Participate in enjoyable hobbies
- ☐ Connect with loved ones each day
- ☐ Positive Self-Talk

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