Daily Mental Health Checklist

Your mental health includes how you think, feel and act, as well as your emotional and social well-being. Mental health can change over time, depending on factors like workload, stress and work-life balance. Taking care of your mental health doesn't have to be overwhelming. Small, consistent actions can make a big difference in how you feel and function. This simple checklist is designed to help you stay grounded, boost your mood and build resilience—one day at a time.

Morning

Hydrate. Drink a glass of water to kick-start your body and brain.

Avoid doomscrolling. Skip social media first thing and give your mind a calm start.

Set an intention. Choose a word or goal for the day, such as "calm" or "focus."

Stretch or move. Even five minutes of light movement can boost mood.

Midday

Take a screen break. Step away from devices for 10-15 minutes.

Get some sunlight. A few minutes outdoors can lift your mood and boost vitamin D.

Eat mindfully. Choose nourishing foods and eat without distractions.

Check in with yourself. Ask, "How am I feeling right now?"

Evening

Reflect on wins. Write down one to three things that went well today.

Unplug before bed. Avoid screens 30-60 minutes before sleeping.

Practice gratitude. Note something or someone you're thankful for.

Create a wind-down ritual. Read, stretch or listen to calming music to signal bedtime.

Anytime

Breathe deeply. Try equal breathing or box breathing.

Do one thing you enjoy. Even a small joy, like music or a hobby, can make a big difference.

Connect with someone. A quick message or call can lift your spirits.

Set boundaries. Protect your energy and say no when needed.

Your mental health matters, and small daily habits can help you feel more balanced and in control. However, poor mental health can develop into mental illness if symptoms are unmanaged. If you're feeling overwhelmed, reach out to a mental health professional for support.

EOB
evolution
of benefits
. . . bringing employee benefits full circle