

# 5 Minute Mental Health Checklist:

Have I eaten regular meals?



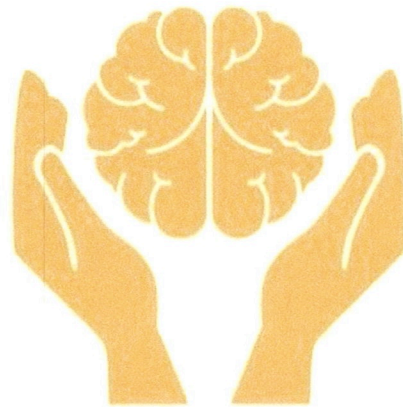
Have I showered?



Have I been comparing my real life to other people's highlight reel?



Am I getting enough sleep?



Have I been thinking kind thoughts to myself?



@georgiethenaturopath

Have I spent time outside in fresh air?



Have I connected with someone I love?



Have I moved my body today?

