CBT COACH & COUNSELOR

PIPER HARRIS, ACC

Graduate Student Counselor

Mental Health Awareness Month

MENTAL HEALTH CHECKLIST

EVERYDAY I WILL:

ONCE EACH WEEK I WILL:

 Move my body.

 Take a screen-time break.

 State 3 things I am grateful for (write down and share).

 Sleep 7-9 hours a day.

ONCE THIS MONTH I WILL:

 Ask for help with my thoughts and emotions.

 Give myself compassion.

 Seek to destigmatize mental pain when myself and others are feeling low, sad, anxious, fearful, and more.

 Connect with a friend or family member.

 Plan an outdoor activity, like a walk, picnic, or other body-moving activity.

 Set a realistic goal to reach for the week like awareness around thoughts, ask for help, or volunteer time.

 Claim a win for the week: It can be or small. Celebrate and reward yourself with an act of kindness towards yourself.

REFLECTIONS: