

Mental Health Checklist

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What promise of God do I need to meditate on today?

How am I feeling? (Physically & Mentally)

How long have I spent on my phone today?

When did I last eat a whole meal?

When did I last do a kind thing for someone else?

When did I last talk to someone about my feelings?

What can I celebrate today?

When did I last go outside?

What is taking up most of my headspace?

What can I do that will bring me joy?

Mental Health Tips Review Store Hours

L Reisser



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