mental health checklist

- GET PLENTY OF SLEEP
- EAT HEALTHY, BALANCED MEALS
- MOVE YOUR BODY
- SPEND TIME IN NATURE
- LISTEN TO MUSIC
- WRITE IN A JOURNAL
- CHALLENGE NEGATIVE THOUGHTS
- CONNECT WITH FAMILY AND FRIENDS
- TAKE TIME TO RELAX AND BREATHE
- TREAT YOURSELF TO SOMETHING YOU ENJOY

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