

# Creating Mental Health Checklist

FEED YOUR  
MENTAL

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Nutritional Therapy Practitioner  
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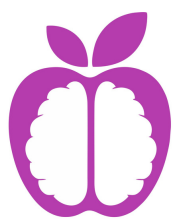
Creating mental health is about engaging in sustainable brain healthy activities on a daily basis. This checklist is meant to give you practical actions that will promote your mental health and well being for the long term.

The goal is to check off at least 4 of these and in multiple categories every day (i.e. 2 in the food category, 1 in the sleep category, and 1 in the stress management category).

Keep practicing and keep going. You may be able to do more on some days and less on others. The goal is the big picture and creating sustainable long term mental health.

Focus on what you can do and get to it!

\*The last page of this document is a one page checklist for your to easily print out and use on a daily basis :)

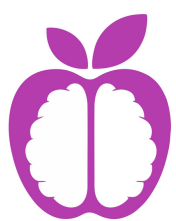




# Food



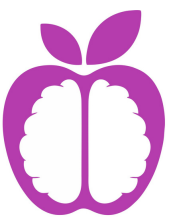
- o ate 1 serving of wild caught fatty fish (salmon, sardines, mackerel)
- o ate 1 serving of leafy greens (spinach, arugula, kale, swiss chard, etc.)
- o ate 1 serving of nuts
- o ate 1 tbsp of cold pressed Extra Virgin Olive Oil (EVOO)
- o ate 2-3 different colors of vegetables
- o ate 1 cup of berries
- o ate 1 serving of fruit other than berries
- o ate 1 serving of lentils
- o ate a prebiotic food (onion, garlic, leek)
- o ate a probiotic food (kimchi, sauerkraut, full fat yogurt)
- o drank 1 cup of tea/coffee
- o ate 1 serving of cooked and cooled potatoes or rice
- o ate 1 serving of organic oats
- o ate 1 serving of beans
- o drank half your body weight in ounces of water (i.e. 180 pounds = 90 ounces of water/day)
- o ate 1 serving of grassfed meat



# Physical Movement



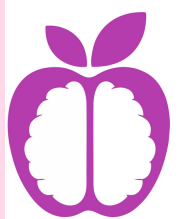
- o took the stairs instead of the elevator
- o walked for 15 minutes in one stretch
- o completed a 30 minute strength training workout
- o stretched or did yoga for 30 minutes



# Stress Management



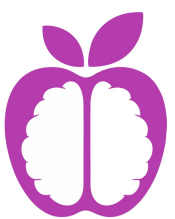
- o completed 5-10 minutes of deep breathing exercises
- o completed 5-10 minutes of mindful meditation
- o journaled my thoughts and how I am feeling
- o talked to a friend or loved one about what I'm stressed about



# Social Connection



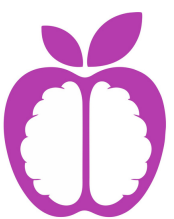
- o reached out to a friend or loved one to have a conversation
- o reached out to a friend or loved and scheduled a meet up
- o joined a community i.e. book club, yoga studio, karate studio, church or synagogue
- o joined a volunteer group



# Sleep



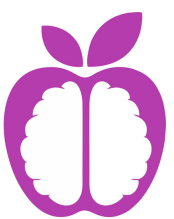
- o dimmed the lights and reduce use of electronics 1 hour before bedtime
- o kept my bedroom cool and dark
- o had 15 min of daylight exposure
- o limited caffeine 5 hours before bedtime
- o started my relaxing bedtime routine 1 hour before bedtime
- o deep breathing before bed to help feel relaxed



# Purpose



- o did something that made you feel joyful
- o practiced something of value to you  
i.e. if you value time with your partner,  
spend 30 min of quality time together  
a night





# One Page Checklist

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