

# Mental Health Checklist

## | INSTRUCTIONS |

Choose an activity from this list that you would be interested in trying out in your daily routine. Consider choosing an activity from the same category as your highest score from the Mental Health Questionnaire.

### Sleep

- Go to bed to relaxing music (download the app "Calm").
- Take a hot bath or shower before bed.
- Read a relaxing book or magazine before bed instead of watching TV, playing video games or browsing the internet.
- Have a cup of caffeine-free herbal tea instead of a sugary drink before bed.
- Schedule between 8-10 hours of sleep per night (download the app "Sleepbot").
- Keep your bed a "sleep only" zone. Complete homework, watch TV, play video games and browse the internet in other areas of the house.
- Other:

### Exercise

- Wake up 15 minutes early and engage in a series of stretches or yoga poses (download the app "iYoga+").
- If you live close enough, begin walking, jogging or biking to and from school each day (download the app "Map My Run").
- During your favorite TV show, do jumping jacks or jump rope during commercial breaks.
- While waiting for dinner, shoot baskets, kick a soccer ball or play catch with someone.
- Put on music or a TV music program and dance for 15 minutes.
- Build in a 5-10 minute break for every hour of homework/study time and do a series of push-ups, crunches or squats.
- Other:

### Coping

- Write down one thing you are grateful for today.
- Engage in a mindfulness exercise (download the app "Smiling Mind").
- Spend time with a positive and enjoyable person.
- Start using a day planner (download the app "Evernote").
- Do something kind for someone who needs it. Help a grandparent with a chore, give a genuine compliment to someone having a bad day, etc.
- Do something you love to do. Shop, journal, listen to music, go for a jog, read, draw, watch a movie, cook or bake, etc.
- Other:

### Nutrition

- Drink water instead of sugary drinks (download the app "Waterlogged").
- Journal everything you eat in a day (download the app "Fooducate").
- Have fresh snacks instead of snacks in bags or boxes.
- Eat breakfast in the morning.
- Eat baked foods in place of fried foods.
- Eat at least one fruit or vegetable at every meal.
- Other:

# Mental Health Questionnaire

## | INSTRUCTIONS |

Take a few minutes to answer the questions below. After, your instructor will share with you the point value and you will add up the total for each category.

**IMPORTANT:** This is a tool to help you understand the areas of your health that you may want to pay closer attention to. This is not a tool to diagnose health problems.

### Sleep

- |  |      |       |
|--|------|-------|
| 1. On average, I get 8 hours or more sleep per night.                  | True | False |
| 2. I have trouble falling asleep or staying asleep more days than not. | True | False |
| 3. Most days, I wake up feeling rested and energized.                  | True | False |

TOTAL \_\_\_\_\_

### Exercise

- |   |      |       |
|---|------|-------|
| 4. I engage in at least 2½ hours a week of physical activity.                                   | True | False |
| 5. I spend more than two hours a day watching TV, playing video games or browsing the internet. | True | False |
| 6. I walk or ride a bike most places.   | True | False |

TOTAL \_\_\_\_\_

### Nutrition

- |   |      |       |
|---|------|-------|
| 7. I eat a fruit or vegetable at nearly every meal.                             | True | False |
| 8. I eat fried food, fast food or food packed in bags/boxes more days than not. | True | False |
| 9. I eat three meals a day almost every day.                                    | True | False |

TOTAL \_\_\_\_\_

### Coping Skills

- |   |      |       |
|---|------|-------|
| 10. When I'm stressed, I know what I can do to manage it.                                       | True | False |
| 11. When I have a problem, I usually ignore it and hope it goes away.                           | True | False |
| 12. If I had a problem too big to manage on my own, I have an adult in my life who I can go to. | True | False |

TOTAL \_\_\_\_\_