MENTAL HEALTH CHECK-IN

Today Did I...

- ☐ Eat food that fuels my body?
  - Fruit, vegetables, whole grain for nutrients

- ☐ Drink plenty of water?
  - Hydrate. Drink your body weight in ounces

- ☐ Get good sleep?
  - Help emotional regulation and cognition

- ☐ Connect with people?
  - Reduce isolation and promote belonging

- ☐ Wash myself in warm water?
  - Relax muscles & reduce stress

- ☐ Move my body?
  - Release endorphins to improve mood

- ☐ Exercise my mind?
  - Improve focus and cognitive function

- ☐ Do something for me?
  - Support your psychological well-being

Mental Health is as important as physical health.
It affects how we think, feel, and act.

DBSA
Depression and Bipolar
Support Alliance
West Virginia
State Organization

WE'VE BEEN THERE. WE CAN HELP.

Brought to you by the Depression and Bipolar Support Alliance of WV.
For mood disorder support groups, visit DBSAWV.org or call 304-241-1862