



Emotional Wellbeing Checklist

Emotional health is the foundation for overall wellbeing; it's the art of managing our inner landscape with grace and resilience.



Print out or mark up this checklist to prioritize the daily tasks provided as a fundamental framework for nurturing your emotional health. Then, personalize your list by filling in the blank spaces with tasks and activities that resonate with your unique preferences.



Evaluate – Set aside time to assess your emotional wellbeing.



Self-reflection – Take a few moments each day to reflect on your thoughts and emotions.



Awareness – Practice mindfulness or meditation to ground yourself in the present moment.



Gratitude – Write down a few things you're grateful for to promote a positive mindset.



Connect – Reach out to friends or family for a quick chat, even if it's just a text or a short call.



Physical activity – Incorporate movement, whether it's a short walk, stretch, or intense workout.

