

# Mindful Moments Checklist

Mental wellbeing is just as important as physical health. We're on a mission to help you prioritize it, every single day. Simple, daily check-ins can support long-term mental wellbeing. Small, mindful actions add up. Start taking small steps toward better mental wellbeing by checking off one, some or all of the items from this checklist each day!

## ***Mood Check: How are you feeling today?***

**Positive**

**Neutral**

**Low**



**Quick Tip:** *If you're feeling low, try to identify one simple action that could improve your mood, like taking a short break from work or talking to a loved one.*

## **Mindfulness Moment: Pause and breathe.**

Take five deep breaths using 4-4-4 breathing: Breathe in for four seconds; hold the breath for four seconds; breathe out for four seconds.

Practice a moment of gratitude: Write down one thing you're grateful for.



**Quick Tip:** *Spend just a few minutes being conscious of your breath or surroundings to reset your mind.*

## **Physical Movement: Move your body for at least five minutes.**

Take a walk outside.

Stretch or practice yoga.

Do a quick workout.



**Quick Tip:** *Take a break to get active. Movement can help release stress and improve your mood.*

### **Social Connection: Reach out to someone you care about.**

Send a text to a friend.

Call a loved one.

Share how you're feeling with someone you trust.



**Quick Tip:** A brief check-in can boost your mental wellbeing.

### **Self-compassion Check: Be kind to yourself today.**

Identify one positive thing you did today.

Say something kind to yourself in the mirror.

Read something uplifting (like good news or an inspiring quote).



**Quick Tip:** Speak to yourself as you would to a friend — be gentle and compassionate.

### **Set a Goal for the Day: What is one thing you want to accomplish today?**

Tackle a small task you've been avoiding.

Set a work-related or personal goal.

Engage in a creative or self-care activity.



**Quick Tip:** Break down bigger tasks into smaller steps to reduce overwhelm and create a sense of accomplishment.

### **Sleep Prep: Plan for a restful night's sleep.**

Set a bedtime goal.

Avoid screens 30 minutes before bed.

Practice a calming bedtime routine.



**Quick Tip:** A good night's sleep is essential for mental health, so prioritize rest as part of your daily routine.



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