Mental Health Check

It's easy to lose track of your mental health and all the things that affect it. When is the last time you checked on yourself? Do you know when your body is stressed? Do you know the connection between your physical and mental health?

Am I taking care of *my body?*
Am I eating *healthy?*
Am I getting enough *sleep?*

You prepare your body through exercise and practice. You help prepare your mind in a similar way - by eating a well balanced diet, drinking lots of water and getting plenty of sleep.

Did you know that stress can affect your body? Pay attention to your physical symptoms that may be telling you to focus on decreasing your stress levels!

What am I *worried about?*
How am I *feeling?*
When did I last *talk to someone* about my feelings?

Do you feel worried today? What other feelings and emotions are you dealing with? It's important to identify what is causing you worry.

Talk about those worries with a friend or journal your feelings. You'll be amazed at how naming your worries can help you process through them, or let them go.

How long do I spend on my *phone?*

As much as we rely on our phones we all should know that too much screen time is bad for you. It can create a fear of missing out, reduce your attention and productivity, contribute to sleep problems, anxiety, and increase your stress levels. Take a look at the number of hours you are spending on your phone each day. Do you need to work at reducing that time?

When did I last *breathe deeply?*

Taking time to breathe deeply is a great way to lower stress. Give it a try today.

When did I last do *something kind* for someone else?

Did you know that kindness actually makes you feel better? You can work on your mental health by doing something kind for someone else. That's a win-win!

SOPHIE'S SQUAD MENTAL HEALTH AWARENESS

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