

what do I need?

checklist for wellbeing

use this in moments of distress or dissatisfaction to ask yourself what you need in this moment

Emotional

- ☐ Someone to talk to
- ☐ Deep breathing
- ☐ Self-hug
- ☐ A cry
- ☐ Assistance accessing services
- ☐ Make a gratitude list

Social

- ☐ A hug
- ☐ Time alone
- ☐ Meaningful conversation
- ☐ Being in the community
- ☐ A fun activity
- ☐ Cancel plans that feel too much

Physical

- ☐ A walk
- ☐ A nap / more sleep
- ☐ Some food / water
- ☐ Cold water / ice
- ☐ Clean / tidy space
- ☐ Exercise

Mental

- ☐ Write a to do list
- ☐ Brain dump / write worries
- ☐ Journal intentions / goals
- ☐ A mental rest
- ☐ Puzzles, games or skill learning
- ☐ Some quiet / silent time

Creative

- ☐ Arts and crafts
- ☐ Creative writing
- ☐ Redecorate or rearrange a room
- ☐ Listen to or create music / playlist
- ☐ List ideas for activities
- ☐ Write down hopes and dreams

Spiritual

- ☐ Yoga
- ☐ Meditation / breathwork
- ☐ Time in nature
- ☐ Revisit purpose
- ☐ A shower
- ☐ Help another person

TIPS:

when you want to consume, create instead

when you feel mentally tired, do something physical (and vice versa)