# 

# How are you today? No really, how are you?

**Self-care checklist**

**Have you:**

**◊ Had enough sleep**

**◊ Eaten healthily**

**◊ Drank enough water**

**◊ Done some exercise**

**◊ Taken a break**

**◊ Spent some time in nature**

**◊ Meditated**

**◊ Connected with others**

**We know that mental health does not discriminate.**

**No one should be ashamed if they are struggling.**

**manchestermind.org/self-care**