5-minute
mental health check

HAVE MY MUSCLES BEEN STRETCHED?

Set a 15-minute timer and stretch during your lunch break.

HAVE I HAD GOOD ENOUGH SLEEP?

Avoid caffeine after midday and reduce blue light exposure from screens in the hour before you plan to go to sleep. Remember to get at least 7 hours of sleep each night.

AM I HYDRATED ENOUGH?

Keep water in a glass on your desk or in a bottle in your car or bag so that it's always on hand. Remember to drink at least 2 litres of water a day.

HAVE I BEEN NICE TO MYSELF AND OTHERS?

Take a deep breath and think of 3 positive affirmations for yourself.

HAVE I EATEN REGULARLY AND HEALTHILY

Don't let more than 4 to 5 hours pass without having a balanced meal or snack to keep your blood sugar levels stable. It is important to eat at least 3 to 5 portions of fruits and vegetables a day and to avoid processed foods.

HOW AM I FEELING?

Keep a notebook nearby to check in with yourself and find out how you are feeling during the week.