MEDSPURS

Your Mental Health Self-Care Checklist.

This isn't a test. You're not being graded.
You don't have to tick every box, every day.
This checklist is **your soft structure**, not your jailer.

Morning.

- **Accept where you are** – No shame. You're allowed to start messy.
- **Hydrate immediately** – Water first. Coffee later. Brain loves it.
- **Move your body** – 5 stretches or a walk, just move.
- **Breathe for 2 minutes** – Inhale clarity. Exhale chaos.
- **Set an intention** – "Today, I will do this." Boom.

Afternoon.
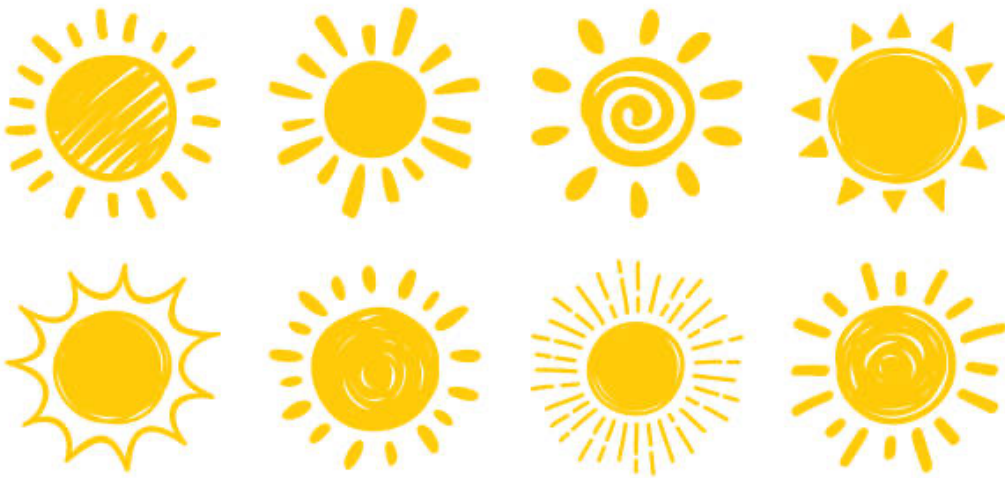
- **Take breaks on purpose** – Your brain's not a machine.
- **Eat real food** – Whole foods, protein, fiber. Not vibes and sugar.
- **Check in emotionally** – "How am I really feeling right now?"
- **Say no when needed** – No is a complete sentence.
- **Declutter your space** – Clean room = clearer mind.

Evening.
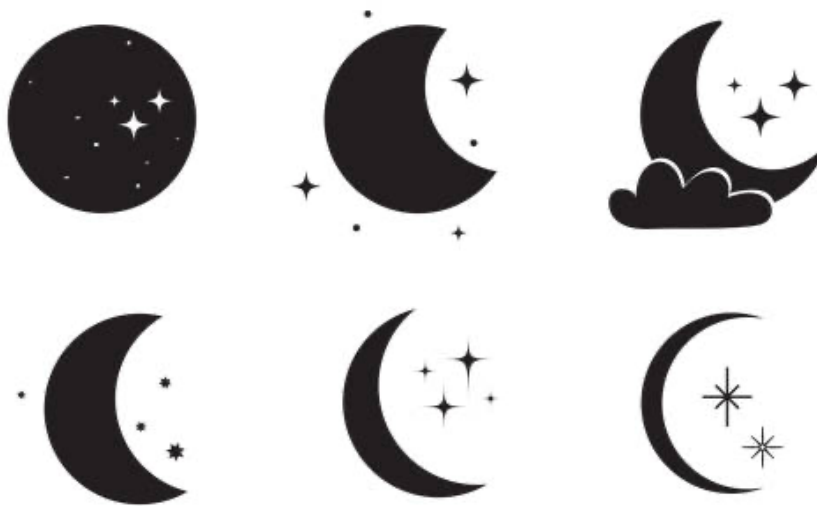
- **Unplug from screens** – At least 1 hour before bed.
- **Reflect in a journal** – What worked today? What didn't?
- **Tidy one small area** – Messy space = messy mind.
- **Prep for tomorrow** – Choose peace, not panic.

Mental health isn't a destination, t's a daily decision. Some days you'll feel strong and centered. Other days, brushing your teeth will feel like a victory. BOTH days are valid. BOTH count.

So take what you need from this guide. Use it when life gets loud. Return to it when you forget how to be kind to yourself. And remember that you're allowed to care for your mind without apology.

If this guide helps even a little, share it with someone else who might need it too.

XOXO,
Medspurs.