



Shai Gets Physicals' – Mental Health Care Checklist.

It seems this year we all started from the ground running smashing goals and doing great things... then its been the party season. Where's the time to just breathe? Here is a checklist to make sure you stay on top of your mental health situation....

- 5) Quieten your mind. Where can you find the time to be in solitude to quieten your head? For me its either skydiving or in the shower



- 4) Value Yourself. Treating yourself with kindness and respect. Make time for yourself and not just be that person available for everyone. Learn to say no. Its ok to say no because you need time out for a while...



3) Set Realistic Goals. If you are going through a deep depression this could be as simple as making sure you stay out of bed, shower and eat a good meal. In work life it could be NOT taking on board extra responsibility, or not putting in over time when you need to be at home in solitude.

SMART Goals are...



The infographic features five icons on a dark blue background: a magnifying glass (Specific), a blue ruler (Measurable), a trophy (Attainable), a green location pin (Realistic), and an orange clock (Timely). Below each icon is its corresponding word in a light grey font.

Specific Measurable Attainable Realistic Timely

2) Surround Yourself with Positive People. Pretty self-explanatory... You surround yourself with people that are encouraging and supportive, not negative and self-serving friends. Find your tribe!!



1) TAKE CARE OF YOUR BODY!! – Eat unprocessed, avoid tobacco/alcohol/drugs, hydrate (with water), sleep and exercise

