**Healthy Student Checklist**

Completing the checklist can help us understand the areas where we are taking care of ourselves. Take a few moments to complete the below. Using the scale, rate the ways you look after yourself.

**5 = Almost Always 4 = Often 3 = Sometimes 2 = Rarely 1 = Never**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **5** | **4** | **3** | **2** | **1** |
| **Thinking about food:**  |
| Do you eat breakfast?  |  |  |  |  |  |
| Do you take a lunch break?  |  |  |  |  |  |
| Do you eat an evening meal?  |  |  |  |  |  |
| Do you eat a balanced diet?  |  |  |  |  |  |
| Do you drink lots of water?  |  |  |  |  |  |
| **Sleeping routine:** |
| Do you have regular sleep and wake times?  |  |  |  |  |  |
| Do you do something relaxing before bed like yoga or reading a book?  |  |  |  |  |  |
| Do you have time off screens before bed? |  |  |  |  |  |
| Do you take a nap if you need too?  |  |  |  |  |  |
| **Your environment:** |
| Do you work at a desk?  |  |  |  |  |  |
| Is your working space decluttered?  |  |  |  |  |  |
| Do you spend time outdoors in the fresh air and nature?  |  |  |  |  |  |
| Do you listen to music regularly?  |  |  |  |  |  |
| **Your physical health:** |
| Do you walk/cycle regularly?  |  |  |  |  |  |
| Do you do other forms of exercise?  |  |  |  |  |  |
| Do you take part in a team sport?  |  |  |  |  |  |
| **Self-Care routine:**  |
| Do you unplug from technology every day? |  |  |  |  |  |
| Do you unfollow negative people on social media?  |  |  |  |  |  |
| Do you connect with a friend daily?  |  |  |  |  |  |
| Do you get ready with plenty of time in the mornings? |  |  |  |  |  |
| Do you keep up with household chores?  |  |  |  |  |  |
| Do you say no to extra responsibilities?  |  |  |  |  |  |
| Do you ask for support when you need it?  |  |  |  |  |  |

Now that you have completed the scale, how did you do?

If you scored 2 or less on one of these, consider changing that activity so that you can increase that number. It is not important to always score highly on this list, but it is important to notice when an activity becomes less regular.

Looking after our mental wellness is an exercise you need to do every day. You are important, mind and body!