



Taking Charge of Your Health



Why use this checklist?

This checklist is intended for youth living with depression or anxiety who are involved in psychoeducation groups or are under the care of their health provider. It aims to promote a lifestyle that may help you to improve your mental and physical health. Every day put a check mark beside every activity that you did that day. Try to have as many check marks each day as possible. Please discuss with your health provider or group leaders how to best use this tool to help you better manage your health.

Examples:

Morning organization

- Keep a daily schedule for every day of the week.
- Review your schedule for the day when you get up, or better yet – before you go to bed! This helps you remember what you are doing and when you are supposed to do it.
- Prepare the things you need for the day. If you're normally rushed in the morning, consider putting those things together before you go to bed.
- Make sure you have everything you need before you leave the house.

Healthy sleep habits

- Avoid caffeine (e.g., coffee, tea, soft drinks, and chocolate) 4 hours before bed time.
- Avoid naps during the day.
- Wake up at the same time every day.
- Go to bed around the same time every night (even on weekends!)
- Have a regular routine before bed and follow it every night. This helps clue your body in that it is time to sleep.
- Try not to look at any electronic screens (e.g., computer, television, tablet/iPad, mp3 player/iPod, or phone) for at least 30 minutes (preferably one hour) before bed. The screens stimulate your brain, making it harder for you to fall asleep. Try reading a book or magazine instead.

Physical activity

- Bike riding or swimming
- Walking
- Taking the stairs
- Aerobics, cardio, and dancing
- Team sports
- Even 30 minutes a day of exercise is good for you! Try to do your activities outdoors during daylight hours, when possible.

Healthy eating

- Always eat a healthy and balanced breakfast. Try to include dairy, whole grains, and fruit.
- Drink plenty of plain water during the day.
- Avoid soft-drinks and junk food snacks whenever possible.
- Choose fruit as a dessert!

Social interaction

- Visit a friend or invite him/her to your house or to a coffee shop.
- Have lunch or dinner with a friend or family member.
- Go to a movie or a concert with a friend or family member.
- Call a friend or family member to ask how he/she is doing.

DAY	ACTIVITIES	YES
MONDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
TUESDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
WEDNESDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
THURSDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
FRIDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
SATURDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
SUNDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
MONDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
TUESDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
WEDNESDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
THURSDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
FRIDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
SATURDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

DAY	ACTIVITIES	YES
SUNDAY	MORNING ORGANIZATION	
	HEALTHY SLEEP HABITS	
	PHYSICAL ACTIVITY	
	HEALTHY EATING	
	SOCIAL INTERACTION	

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