



# **MENTAL HEALTH CHECKLIST**

- HAVE I ALLOWED MYSELF TO RECEIVE ADEQUATE REST AND RELAXATION?**
- HAVE I NOURISHED MY BODY WITH HEALTHY FOOD AND BEVERAGES?**
- HAVE I GONE OUTSIDE AND SPENT TIME IN NATURE?**
- HAVE I MOVED AND STRETCHED MY BODY IN A WAY THAT FEELS GOOD?**
- HAVE I REACHED OUT TO SOMEONE THAT I LOVE AND CARE ABOUT?**
- HAVE I BEEN THINKING KIND THOUGHTS ABOUT MYSELF AND OTHERS?**
- HAVE I SET REALISTIC GOALS FOR MYSELF TO ACHIEVE IN THE FUTURE?**





# WELLNESS TRACKER

**SLEEP**

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**WATER**

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**FOOD**

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**ELIMINATION**

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**EXERCISE**

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**MOOD**

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# MENTAL HEALTH FACTS

- **1 IN 5 ADULTS IN THE U.S. WILL SUFFER FROM MENTAL ILLNESS AT ANY POINT IN THEIR LIFE.**
- **ONE HALF OF ALL CHRONIC MENTAL ILLNESS BEGINS BY THE AGE OF 14.**
- **20% OF ALL TEENAGERS EXPERIENCE MENTAL ILLNESS WHICH IS ABOUT 93 MILLION TEENS.**
- **SUICIDE IS THE SECOND CAUSE OF DEATH IN TEENS BETWEEN 15 AND 24 YEARS OF AGE.**
- **MALNUTRITION OR AN UNBALANCED DIET MAKES CHILDREN MORE SUSCEPTIBLE TO DEVELOPING A PHYSICAL OR MENTAL ILLNESS.**



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