

Wellness Checklist

<p>SLEEP Have a regular wake-up time (7am) and start getting ready for bed at 10:30pm, and be in bed at 11pm at least 5 days per week. If I'm lying in bed awake for 30 minutes, I will get out of bed and do something relaxing, such as reading a magazine.</p>	
<p>BRAIN BREAKS Take a 5 minute brain break at least 3 X per day, and I will set reminders in my phone to remind me to take them.</p>	
<p>STRESS and ANXIETY MANAGEMENT Plan time for active relaxation at least 4 days per week by using the tools on the Anxiety Canada website. Aim to go to a restorative yoga class once per week.</p>	
<p>NUTRITION Eat regular meals (breakfast, lunch, and dinner) and at drink at least 6 cups of water per day (take my water bottle to work).</p>	
<p>PACING, planning, and prioritizing Write out my "to do" list at least 2 times per week, and then prioritize these items and schedule a framework into my day planner. Remember to spread out "energy draining" activities throughout the week, and schedule in at least 2 "energy boosting" activities per day.</p>	
<p>SOCIAL and MEANINGFUL ACTIVITY Plan to meet with a friend at least 2 times per week (to go for a walk or a cup of tea). Make time for a creative activity (e.g.: pottery or making jewelry) at least every other week.</p>	
<p>EXERCISE Walk to and from work (2 km each way) on most days. Plan to attend the gym to ride the stationary bike for 15 mins at the gym, and do my physiotherapy exercises at the gym least on Mondays, Wednesday, and Friday.</p>	
<p>CHALLENGING MY THOUGHTS Don't accept unhelpful thoughts at facts. Be a detective! List all of the facts that support the thought (evidence for), and then list all of the facts that go against the thought (evidence against).</p>	