

THE ULTIMATE WELL-BEING Checklist

Even if you're feeling tired or overwhelmed, there are some great things you can do to feel better. Below is a checklist for you to consider. But it's *not* a "to-do" list. You don't have to do everything (or anything) from the list below if it doesn't work for you. Instead, look for items that stand out as being important to you, and make those your focus.

Unplug

- Cut back on news & social media
Aim for fewer than 10 minutes per day
- Read only reliable news sources
- View only what you need to know in your community
- Hide updates from stressful & inaccurate people
- Customize feeds to see more good news

Reduce Stress

- If you've been feeling anxious or depressed, know that you are not alone
- Connect regularly with family & friends
If you can't meet in person, reach out by voice, online video, text & letters
- Learn to say no to requests that create stress
- Help & be there for others
Where you can, doing good for others in need also helps you feel good
- Learn stress management routines such as yoga, meditation, or tai-chi
- Avoid alcohol, drugs, or compulsive behaviors
- Check Your Thoughts
Think about what you can be thankful about, and write down positive affirmations. Accept that there are events you can't change, and focus on what you can control
- Seek help if issues are getting in the way of life
Talk with an experienced mental health professional

Move

- Exercise most days to boost your mood & health
It doesn't have to be vigorous to be healthy
- Try walking, yoga, or a full-body, equipment-free home workout
As little as 10 minutes can raise happiness

Eat Healthy

- Add more plant-based foods
Include many colors, including green, leafy veggies
- Limit junk food & instant gratification
- Cook at home
Make more healthy meals for you & your family. Skip fast food more often. Consider meal delivery services or kits
- Replace other drinks with water

Rest

- Get enough rest & sleep to feel refreshed
- Avoid eating & drinking right before bed
- Stay away from caffeine & sugar at night
- Eliminate distractions from your bedroom, such as electronics & televisions
- Keep your room dark

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Self-Care

- Create regular time for yourself & guard that time
Look for small ways to fit this into your schedule, like waking up early. The chores & work can wait!
- Go outside
Time outside can help improve stress, depression, burnout and sleep, especially when combined with physical activity
- Add more of what makes you feel good
Play with pets, read a book, write or journal, listen to music or podcasts, sit alone with a cup of tea, connect with friends, watch a good movie, explore a new hobby, take a hot bath, create art or music
- Breathe
Learn & practice meditation or deep breathing or for 5-10 minutes daily to restore calm

Plan

- Create a routine
- Follow the same schedule of when you sleep, wake and eat
- Keep busy with activities & self-care
- Get organized
Keep a planner & calendar visible. Reduce clutter. Place items such as keys, purses, backpacks, briefcases, and coats ready to go for the next day.
- Stay current on your preventive health screenings & visits

You've got this!

Notes:

About

[Scott Foster](#) is President of [Wellco](#), based in Michigan. Scott is a frequently-invited expert and speaker regarding leadership, engagement and high-value health & wellness. Wellco provides award-winning solutions to measurably improve health engagement and outcomes. For more information, [contact](#) Wellco.

