

Wellbeing Tick List

The feeling of having accomplished something is very good for mental wellbeing. But when our routine is undergoing change, it can be hard to keep track of what we have actually done each day. Making a simple tick list of tasks we would like to complete through the day can help boost mental wellbeing by providing a sense of achievement, no matter how big or small those jobs might seem.

Use these ideas to help create your own tick list. Write it at the start of each day and enjoy the sense of achievement felt by ticking them off. At times of uncertainty, it is all too easy to be hard on ourselves. Enjoy the small achievements, feel the wellbeing boost!

Put away the clean dishes

Do one load of washing

Move your body

30 minutes of screen-free time

Wash up dishes from mealtimes

Practise deep breathing

Day:	Task 1:	Task 2:	Task 3:	Task 4:	Task 5:
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					