



Keep Yourself in Check

Daily Wellness and Resiliency Checklist

- ☐ Slept 6 or more hours
- ☐ Ate breakfast
- ☐ Socialized with colleagues
- ☐ Spent spiritual time in meditation, prayer etc.
- ☐ Took a break to eat during the work shift and chose a healthy meal
- ☐ Worked on optimism – recognized and “re-framed” negative thoughts
- ☐ Practiced mindfulness – brought myself back to the present moment
- ☐ Forgave myself and others for small transgressions
- ☐ Went home in a pleasant mood
- ☐ Exercised – went for a walk, took the stairs etc.
- ☐ Spent time with a hobby, musical instrument, art etc.
- ☐ Recalled and wrote down three “uplifting”, positive moments from the day
- ☐ Scheduled a wellness appointment with my Doctor, Counselor, Personal Trainer, Massage Therapist, etc.
- ☐ Spent time reflecting on my wellness priorities for tomorrow