

## CHECKLIST: Other important things you can do to improve your mental health



Are you:

- **Eating properly?** See the [mind website](#) for more information.
- **Sleeping properly?**
- **Doing what makes you feel happy?** Make a list of three things you used to do that made you feel good before you became ill. Can you go out and do them? Maybe ask a friend to come and support you.
- **Doing things you are good at?** What is it that you are good at? Make a list of three things you are good at, things that you enjoy and know that you can do well. Make a plan for how you do more of these.
- **Aware of what you need to improve and protect your mental health?** Consider putting in place a Wellness and Recovery Action Plan (WRAP). See the [WRAP website](#) for more information about WRAPs and a [PDF on the mind website](#) for a detailed guide on how to create one.