

# Senior Citizen Mental Health Checklist

Mental health among seniors is important. Sticking to a checklist that keeps your mind and body engaged while staying active within your community is a great system for maintaining mental health. For additional help or tips, please contact WRMC or Plymouth Primary Care.

## Every Day, I Will...

- Take a break from screens
- Move my body
- Eat fruits and vegetables
- Get 7-9 hours of sleep a night
- List 3 things I am grateful for



## Every Week, I Will...

- Connect with a loved one
- Plan an outdoor activity
- Set a new goal
- Celebrate a "win" or accomplishment



## Every Month, I Will...

- Help someone or my community
- Take a one day break from news and social media
- Finish a book
- Try a new creative activity

