

# Mommy Mental Health Checklist

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## Signs of Decreasing Mental Health

- Easily agitated
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- Lack of patience with children
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- Increasing anger over small situations
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- Defensiveness
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- Feelings of resentment toward family
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- Does not find joy in daily life
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- Views doing fun activities with kids as a burden
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- Increasing anxiety

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Checklist of things I do to ensure that your mental health is at it's best.

- Make Sure You Are Getting Enough Sleep
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- Getting Enough Physical Activity
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- Do Something For Yourself
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- Express Your Emotions
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- Proper Nutrition
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- Knowing Your Limits