



Isa Kranz Foundation

isakranzfoundation.com

Mental Health Checklist

1. The best thing you can do for yourself is get a good night's sleep (sleeping sitting up doesn't count, and one or two hours at a time doesn't count either.)
2. Drink water...if you aren't sure you have had enough, drink more!
3. Get fresh air! Let the sun hit your face every single day even in the winter.
Vitamin D is crucial to your health—physical AND mental.
4. Exercise—workout at the gym or just walk, stretch, go up and down the stairs. Something each day.
5. Eat real food. (I'm not saying to get rid of the junk food, just eat real food ALSO!)
6. Breathe (I have always told my kids, there isn't much you can control in any given situation...except your breath. Breathe deeply and slowly. Then face your next challenge.
7. Forgive others but more importantly, forgive yourself.



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8. Find a counseling center (they exist...at every school and many workplaces.

Ask your family/friends if they have a recommendation. Just find a place or person BEFORE you need it.) Most of us will experience a mental health crisis at some point in our lives. There is no shame in that!

9. Always have someone in your life that you can call at any time of day or night for any reason. (It could be a parent, a friend, a friend's parent, or a cousin, a teacher, a counselor, the suicide lifeline or textline)

10. When in doubt, get help. For yourself or your roommate, your girl/boyfriend/spouse, your parent or your child. Call 911 if someone you know is in crisis or threatening to hurt themselves (including yourself). They will survive embarrassment or anger but they may not survive a suicide attempt.

11. Remember, please remember even on the hardest days...remember that you are loved. Write it on a note, write it on your arm...write it on your mirror. Sometimes our minds may play tricks on us. It may say we are alone and no one cares about us. It may say we are worthless. DON'T BELIEVE IT. NOT FOR ONE SECOND. You are priceless.

Compliments of the Isa Kranz Foundation <3

Suicide Hotline -1-800-273-TALK (8255)

Text HELP to 741741

Dial 988 for mental health emergencies