

BE THE LEADER YOUR FAMILY NEEDS

The COVID-19 | General Well-being Scorecard.

Am I engaged in routines and practices to promote my mental health, well-being, and resilience amidst the COVID-19 pandemic?

Give yourself 1 point for every box you check off!

- Each day, I am following a schedule?
- Each day, my eating patterns are consistent?
- Each day, I am checking in with my State Of Mind and how I'm feeling?
- Each day, I am active, including exercising, practicing yoga at home, or going for a walk for at least 20 minutes?
- Each day, I am spending time outdoors?
- Each day, I am connecting with friends or family?
- Each day, I am being mindful of how much news I'm consuming?
- Each day, I am being kind to myself?
- Each day, I'm engaged in a practice to promote my psychological well-being, such as meditation, journalling, CBT thought records, or a gratitude journal?
- Each day, I'm thinking of ways to serve others?

TOTAL _____

0-2 = Danger Zone.

We think you need to give yourself compassion and reach out and ask someone for help. The world needs you and you deserve to be taking care of yourself. There's a variety of places to call and connect with at [211 Toronto](#).

3-5 = Shaky Ground.

It's important to climb over the halfway mark. Otherwise, you risk falling into a difficult psychological condition and we need you, the world needs you, and you deserve to be taking good care of yourself.

6-7 = Keep Going.

Nice job! With more focus and commitment, you can go from being good to great.

8-10 = Role Model.

Keep up the exceptional work and think about someone else you can serve and empower!