

MIND & MOUTH MATTERS



Your mental health and oral health are connected
-and both matter.

1. Self-Care Checklist

It's easy to forget to take care of yourself when life gets busy. Check all that apply:

- | | |
|--|---|
| <input type="checkbox"/> Brushed teeth AM & PM | <input type="checkbox"/> Got enough sleep |
| <input type="checkbox"/> Flossed | <input type="checkbox"/> Took a mental health break |
| <input type="checkbox"/> Mouthrinse | <input type="checkbox"/> Got some fresh air |
| <input type="checkbox"/> Drank enough water | <input type="checkbox"/> Other: _____ |

2. Daily Mental Health Reflection

Use this space to check in with yourself and gain perspective on how you're feeling.

Mood today?



What's a challenge I faced today?

What's one thing I did well today?

Today I'm grateful for?

