

The Well Mom Checklist

By Sherry J. Duson, 2001

Mental Health America of Greater Houston

- **Have I eaten enough nutritious food today?**
- **Have I slept at least 5 hours, or taken a nap?**
- **Have I bathed or showered today?**
- **Have I exercised at least 10 minutes today?**
- **Have I had at least 10 minutes of quiet time for reflection and renewal today?**
- **Have I let myself laugh today?**
- **Have I let others help me today?**
- **Have I kissed my baby and told him/her "I love you" today?**
- **Have I talked to at least one adult today about how I'm doing today (not just about the baby)?**
- **Have I forgiven myself for mistakes today?**