



## **MOOD DISORDERS ASSOCIATION OF MANITOBA INC.**

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### **Basic Needs Checklist**

Source: Interfaith Marriage and Family Institute

Taking action steps toward self-care is an integral part of finding balance in our lives. See what areas you do well in as well as what you may wish to work on:

- Do you usually get six to eight hours of sleep?
- Do you eat something fresh and unprocessed everyday?
- Do you allow time in your week to touch nature, no matter how briefly?
- Do you get enough sunlight, especially in the wintertime?
- Do you drink enough water?
- Do you see your doctor at least once a year?
- Do you see a dentist every six months?
- Do you know enough about your body and health needs?
- Do you get regular sexual thrills – either with yourself or a partner?
- Do you feel you get enough fun exercise?
- Are you hugged and touched amply?
- Do you make time for friendship? Do you nurture your friendships?
- Do you have friends you can call when you are down, friends who really listen?
- Can you honestly ask for help when you need it?
- Do you regularly release your negative emotions?
- Do you forgive yourself when you make a mistake?
- Do you do things that give you a sense of fulfillment, joy, and purpose?
- Is there abundant beauty in your life? Do you allow yourself to see beauty and to bring beauty into your home and workplace?
- Do you make time for solitude?
- Are you getting daily or weekly spiritual nourishment?
- Can you remember the last time you laughed until you cried?
- Do you accept yourself for who you are?

**“Self help works.”**