



Values and Actions Wellness Checklist¹

Are there any positive actions or steps that you can take toward improving your health this week?

- Stress:** *Am I too stressed? Do I have healthy ways to manage my stress?*

Possible actions to take for improvement:

- Sleep:** *Do I get enough sleep? Is it good sleep?*

Possible actions to take for improvement:

- Physical Activity:** *Do I walk when I have the chance? Do I take part in activities such as household chores, gardening, etc., that keep me moving?*

Possible actions to take for improvement:

- Nutrition:** *Am I eating too much or too little? Do I eat the right types of food? Do I drink enough water?*

Possible actions to take for improvement:

- Medications:** *Am I taking medications as prescribed?*

Possible actions to take for improvement:

¹ This exercise has been adapted from Bauer MS, Kilbourne AM, Greenwald DE, Ludman EJ, McBride L. *Overcoming Bipolar Disorder: A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals*. Oakland, CA: New Harbinger Publications, Inc.; 2008.