

# Daily Mental Health Checklist.



- Get 7-9 hours of sleep per day.
- Eat healthy. (Real whole foods).
- Take recommended supplements.
- Stay hydrated throughout the day.
- Connect with family & friends.
- Exercise for 30 minutes a day.
- Spend time in prayer & nature.



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# Meditative Scriptures for Combating Worry

## ● Matthew 6:34

“Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

## 2 Timothy 1:7 ●

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

## ● Isaiah 41:10

“Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”

## Philippians 4:13 ●

“I can do all things through Christ who strengthens me.”

## ● Deuteronomy 31:6

“Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”

*“Meditating on the God of Love for 12 minutes per day has been shown to improve brain health. It increases growth in the anterior cingulate cortex (a part of the brain that regulates fear) which then, reduces heart rate and blood pressure, and improves memory.”*

-Dr. Jennings, author of “The Aging Brain”