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# OVERALL HEALTH CHECKLIST

Overall massive health check-up and checklist to scan your body, mind, social life, and finances to see how healthy you really are!



# ***Physical Body Scan***

- **Stomach/Digestion:** bowel movements, gas, bloating, pain, churning, nausea, diarrhoea, hunger, stuffed, stool consistency
  - **Hair:** dryness, fizz, grease, split ends, tangles
  - **Brain/Mind:** headaches, tightness, tension, dry-feeling, heaviness
  - **Eyes:** dryness, tiredness, blurred vision, over-wet, itching, stinging, pain
  - **Ears:** wax build-up, aches, itching, hearing loss, green or pus from piercings
  - **Nose:** allergies, itching, blocked, runny, black heads
  - **Mouth:** pain, bad breath, toothache, discoloured tongue, white tongue, cavities, plaque, ulcers, abscesses
  - **Neck:** tension, tightness, pain, bad posture
  - **Shoulders:** tension, tightness, knots, pain, bad posture
  - **Spine:** bad posture, aching, stiffness, clicking, inflexibility, poor sleep posture
  - **Lower back:** tension, tightness, pain
  - **Butt:** tension, ache, pain, flatness, inflexibility
  - **Arms:** pain, inflexibility, pain down forearm (tendons, probably)
  - **Wrists:** clicking, pain, tension, inflexibility, hard to write or type
  - **Hands:** aches, cuts, scrapes
  - **Fingers:** clicking, pain, tightness, knuckle cracking or pain,
  - **Chest:** tightness, pain, anxiety
  - **Breasts or pecs:** pain, lumps, heaviness, improper support
  - **Heart:** irregular beating, strain
  - **Lungs:** laboured breathing, poor stamina, breathlessness, ache
  - **Kidneys:** ache, tension (lower back)
  - **Hips:** tension, tightness, ache, pain, inflexibility
  - **Thighs/Hamstrings:** tension, tightness, inflexibility, pain
  - **Calves:** tension, tightness, pain
  - **Shins:** cuts, bruises, pain
  - **Ankles:** tension, clicking/cracking, inflexibility, fragile, twisted
  - **Feet:** tension, tightness, pain, dryness, cracks, flaking, aching arches
  - **Toes:** clicking, tightness, pain
  - **Skin:** dryness, oily, blotchy, redness, burns, cuts, ingrown hairs, razor burns, discolouration, moles, spots/acne, black heads, stretch marks (nothing wrong with these, just something to note about yourself)
  - **Other:** trouble urinating, trouble with bowl movement, vomiting, reactions to food, excessive alcohol consumption, overeating...
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- **How often do you exercise?**
  - **How many meals do you eat a day?** are they balanced and appropriately portioned?
  - **Do you get enough sleep?**
  - **Can you touch your toes?**
  - **How often do you elevate your heart rate?**

This is just about going over your whole body more often and checking in on how it feels, looks, and acts/reacts for you in everyday life.

Also, please see your doctor if you are experiencing pain that is on-going and irregular or unexplained (i.e. if it's from a sports injury, you're probably okay unless it continues for too long).

# Physical health list of random to-dos

- Get a massage (professional, someone you know, or self!)
- Stretch your whole body (or where you feel tension and tightness)
- Walk for at least 20 minutes
- Run
- Swim
- Yoga or Pilates
- Nap
- Shower
- Do a work out
- Solo dance party!
- Wash your hair
- Clip your nails
- Sort your eyebrows
- Moisturise your skin
- Take your medication
- Eat some fruit
- Cook a good meal
- Face mask
- Deep moisturising and strengthening hair mask
- Moisturise your hair with leave-in
- Try a new hairstyle
- Foot massage
- Outfit try-on session
- Make healthy snacks
- Have a bath with bath salts
- Head massage
- Have a hot drink
- Have a cold drink (lemon water, cucumber water?)
- See your doctor
- Put heat on a painful area of your body
- Hairstyles tried out
- Meal prep
- Take your body measurements (no judgement or hate, it's just information that could be important for your physical health)
- Weigh yourself (no judgement or hate, it's just information that could be important for your physical health)
- Plan a good, fun work out schedule for each week to try out for a month
- Chair exercises while working or studying
- Change your bedsheets (if affects your skin and sleep to have clean sheets!)
- Switch up your pillows for better sleep
- Read up on appropriate portions for healthy, personal goals
- Learn how to read nutrition labels
- Read up on Gut health
- Get a hair cut
- Use a book or buy a prop for elevating your laptop or keyboard for wrist ache

# Mind Scan

- **Problem solving:** how do you deal with problems in life? do you depend on others to solve it for you? do you panic? do you procrastinate and hope it goes away?
- **Processing information:** slowness, confusion, forgetfulness
- **Negative thoughts:** more or less than positive ones? how do you deal with them?
- **Positive thoughts:** more or less than negative ones? do you focus on these more than the negative ones?
- **Random thoughts:** do you give all your attention to your thoughts without prejudice?
- **Dreams:** reoccurring dreams, nightmares, vivid dreaming, lucid dreaming, dream meaning
- **Daydreaming:** unfocused at work or school, obsessive thoughts or visualising
- **Concentration and focus (attention):** poor attention, easily distracted, procrastination, self-sabotage, unorganised
- **Worrying and rumination:** obsessive thoughts, negative thought loop cycles
- **Memory recall:** poor memory, forgetfulness, half-remembering, remembering wrong
- **Logical thinking and reasoning:** do you think through emotions? can you recognise irrational thinking? can you talk yourself back to being grounded?
- **Decision-making and choice:** how do you make decisions? others do it for you? do you get overwhelmed? do you avoid them? do you have a system?
- **Resilience:** when something goes wrong, how do you react by default? are you reactive more than proactive? can you get back up when knocked down?
- **Fear:** what are you afraid of? how often are you thinking about these fears? do you avoid them in life?
- **Thought-to-action ratio:** do you think yourself into paralysis?
- **Inner Critic:** do you judge yourself? do you punish yourself? do you let others judge and criticism and decide who you are for you?
- **Outside validation:** do you only think you're good enough if others say so?
- **Perfectionism:** do you expect the very best from yourself in every moment? do you hate yourself for making mistakes? must you always be the best and get the best results? do you put off trying new things for fear of not doing them well?
- **Compassion for yourself:** are you bullying yourself with self-loathing? do you feel mistakes mean something bad about you? are you kind and understanding towards yourself?
- **Do you know how to calm yourself down when upset?**
- **Do you have organisation tools? do you use them? do you stick to them?**
- **When you feel anxious, overwhelmed, or low, what do you do?**
- **How often are you challenging yourself mentally?**
- **How often do you exercise your mind?** (reading, writing, mental-challenges, learning new things, working on memory)
- **Do you know how to slow your mind down?**
- **Do you take responsibility for your life, actions, and problems?**
- **Do you judge or criticise or hate yourself by default?**
- **Do you feel a sense of purpose in your life?**
- **What are your core beliefs?** do they serve you well?
- **What are your values?** how do you define success and happiness?
- **Do you compare yourself and your life to others?**

# Mental health list of random to-dos

- Get some sun
- Get out in nature
- Play with a pet
- Journal
- Thought challenge
- Nap
- Walk mindfully
- Mindfulness in general (what can you see, hear, smell, taste, feel? Name 5 for each if you can)
- Lavender spray or oils
- Yoga
- Meditate (5 minutes of concentration goes a long way; it's not about not thinking *at all*, it's about non-judgement and carefully focusing back on breath etc.)
- Reduce your to-do list
- Get that big important thing done (procrastination only makes our stress and worry worse)
- Break down what you need to do or solve
- Write a letter to yourself or someone else
- See or message a friend or loved one
- Ask for help
- Write a values list
- Turn off or delete social media
- Don't check your phone first thing in the morning
- Analyse your core beliefs
- Do your a hobby or try a new one
- Sit in stillness
- Organise your space
- Set a plan for your day, week, and/or month
- Declutter your space (clothes, books, notebooks, desktop, phone, photos, cupboards, keepsakes, toiletries etc.)
- Read your book
- Write freely
- Do some gardening
- Mindful colouring
- Watch your favourite show
- Painting or drawing
- Make something
- Visit someone
- Revamp your routines and habits (morning routine, night routine, work, leisure, heath etc.)
- Cleaning session
- Drink some more water
- Do a brain teaser or puzzle
- Play a video game

# Emotions Scan

- **Negative emotions:** do you feel anger, sadness, jealousy, disgust, shame, anxiety, guilt, regret, overwhelm, humiliation, lonely, or other more often than you should?
- **Positive emotions:** do you feel joy, excitement, compassion, empathy, gratitude, curiosity, love, belonging or other enough in your life?
- **Do you discriminate with certain emotions?** i.e. this emotion is bad, I shouldn't feel it? This is good, I should only feel this way all the time?
- **Emotional decision-making:** are you always making emotion-based decisions rather than thinking logically, too?: what do you like about yourself? what are your strengths? do you focus on weaknesses?
- **Self-esteem and confidence:** what do you like about yourself? what are your strengths? do you focus on your weaknesses and limitations?
- **Understanding your emotions:** are you emotionally literate? do you know a complex list of emotions and why they may crop up? what they might mean?
- **Acting emotional rather than rational** (recklessness, emotional dumping on others, giving in to emotions too much and too often)
- **Fear:** do you know what you're afraid of? why? (fear of not being good enough is nearly always at the root)
- **Anxiety:** what causes you anxiety (intense fear)?
- **Sadness:** do you know what makes you sad? how often are you in a low mood? what do you do about it?
- **Anger:** do you know what makes you angry? anger is usually the dominant "negative emotion" but does it mask something else?
- **Jealousy:** who or what triggers your jealousy? why might that be? what do you do when feeling jealous?
- **Joy:** do you know what brings you joy? how often do you have or do these things? do you assume joy should be the only emotion you feel?
- **Shame:** what triggers your shame? do you hide and shrink yourself down? have you analysed or attempted to understand your insecurities and shame?
- **Compassion:** are you kind and understanding towards yourself and others?
- **Gratitude and perspectives:** are you grateful for the good in your life? do you look through a lens of lack or having, doing, and being enough?
- **Are you reactive?** touchiness, temperamental, doing what others or life makes you do rather than doing things with intention.
- **Defensiveness:** are you easily triggered? where do you hold shame? what triggers you and why?
- **Easily distracted and unfocused?**
- **Numbing emotions** with food, alcohol, procrastination, drugs, sex, other people, social media
- **Holding onto events, moments, grudges for too long?**
- **Do you make assumptions?**
- **Do you take things personally?**
- **Do you self-sabotage?**
- **Do you lie to yourself or others?**
- **Do you have enough going on in life? (goals, hobbies, travel, socialising, friends, love)**
- **How often do you snack unhealthily?**
- **Healthy balanced stress or unhealthy, toxic stress?**
- **Are you resilient when things go wrong?**
- **How do you handle disagreements and difficult perspectives?**
- **Do you emotionally offload onto others without boundaries?**
- **Do you feel a sense of belonging, safety and security within?**
- **Do you enjoy your work?** is it fulfilling, engaging, challenging, fair, and in line with your beliefs?

# Emotional health list of random to-dos

*Mental health and emotional health overlap largely, but here are some that might be directly more emotionally beneficial things to do.*

- Journal about your feelings, thoughts, your day, your dreams, your goals, all of it
- Ask why (where did the emotion come from? what does it mean?)
- Emotional health journaling (analysing triggers, insecurities, shame, fear etc.)
- Speak to a therapist
- Yoga
- Walk mindfully
- Speak it out with someone you trust
- Write a letter or journal entry as someone else; someone who maybe you have trouble with or need to understand better (from their perspective)
- Read about emotional intelligence
- Read in general (our empathy and self-understanding grows with reading)
- List 10 things you like about yourself
- List 10 things you like about someone you'd argued with recently
- Turn off or delete social media
- Don't check your phone first thing
- Confront a situation head-on
- Ask for help
- Do a hobby or craft project
- Eat a healthy meal
- Gardening
- Listen to a podcast
- Take yourself out on a date
- Go on a date with a person (friend, family, other)
- Get an early night
- Sit in stillness
- Go for a run
- Do a work out
- Write about how you feel
- Write freely
- Have a 15 minute timer for a cleaning session
- Dress up nice today
- Breathe deeply and mindfully (pay attention to the flow and the feeling; count your breaths)
- Social media declutter (delete people who make you feel low; follow some inspiring people)
- Set some boundaries for protecting your emotional energy
- Let it go (whatever it is)
- Develop your own spiritual practice

# Social Life Scan

- **Do you have any close friends?** You don't need loads of friends! You just need one, close, trusted friend to help make life easier.
- **Are you close with any family members?** (or a makeshift family)
- **Who do you trust?**
- **Who do you hold space for?**
- **Do you have the right boundaries in your relationships?**
- **Do you have multiple relationships and are your needs met by multiple people?** (life partner, parents, friends, colleagues, sports team, class mates, regular at local cafe etc.)
- **How do you feel around the people you see the most?**
- **How often do you go out to do things?**
- **How often do you see friends?**
- **Do you have any hobbies that involve others?** (gets you out of the house and is outside of work or school)
- **Do you make things about you? Consume all the conversation? Take away from others?**
- **Do you hold space for others without giving in to them or their problems completely?** (empathy needs boundaries)
- **Do you think before you speak?**
- **When you offend someone, how do you react?**
- **Are you able to look at things from other points of view?**
- **Do you have a diverse set of people in your life? are you welcoming of diversity?**
- **Do you learn from others?**
- **Do you travel enough and sample other parts of the world?** (other lifestyles)
- **Can you speak to new people?**
- **Do you learn about other people's lives?** take an interest?



# Social health list of random to-dos

- Meet up with a friend
- Message someone
- Have lunch with your parent(s)
- Write a letter to someone
- Write a letter as if you're someone else
- Work out with someone else
- Creatively collaborate with someone
- Go for a walk with someone
- Cuddle your pet
- Strike up a conversation with a stranger
- Ask "how are you?" to customer service staff
- Work together as a household to clean your space
- Cook for friends or family
- Organise a game night
- FaceTime or Zoom call a friend
- Ask a work colleague out for a drink (alcoholic or not!)
- Listen fully and be present with the person you're with today
- Listen and urge someone to tell their story (without interjecting or making it about you!)
- Book a trip somewhere new
- Meet up with someone from school
- Read (it increases empathy and understanding of others)
- Join a club, class, or team

# Financial Scan

- **How much do you make a month?** is it enough to cover expenses?
- **How much does our household make together?**
- **How much is the total outgoings (expenses) each month?**
- **Do you have an emergency fund?** (money to fall back on when sh\*t hits the fan)
- **Do you track your finances in a spreadsheet or app or notebook?**
- **Do you know where you spend the most money?**
- **Do you have a budget to help keep you (and your family etc.) on track and spending wisely each month?**
- **Can you spend less (budget better) to make more money?**
- **Can you make more money each month?** (New job, investments or side hustle)
- **Do you waste money (overspend) on toxic/unhealthy things?** (alcohol, takeaways, drugs)
- **Could you cut costs on alternatives to what you already have?** (gym, food shop, energy bill, subscriptions like Netflix and Prime)
- **Do you lend money to others who never pay you back?**
- **Do you borrow money from others more than you should? and don't pay it back?**
- **Do you have a credit card that you use recklessly and don't pay back?**
- **Are you in debt? do you know how much? do you have a plan to get out of debt?**
- **Do you have any benefits from your bank, credit card, mortgage, apps, etc?**
- **Do you make use of sales, discounts and coupons?** or do you just buy full price and never check?

# Financial health list of random to-dos

- Create a spreadsheet to track all your finances in one place
- Try to cut your spending down
- Ask for a pay rise
- Ask if any promotions or pay rises or training or elevation opportunities are available at your work
- Spread the cost of expenses between family or friends (i.e. your Netflix subscription could be something you share and all chip in for to make cheaper)
- Watch some YouTube videos to learn about finances (*The Financial Diet* is the perfect place to start)
- Read up on personal finance (*The Financial Diet* blog, or *Money Saving Expert*, or *Money Advice Service*)
- Work out how much it should cost to buy the food you need (don't just randomly buy)
- Cook at home rather than ordering in (can eat the same thing, just make it yourself!)
- Get a pot or tin for cash and put any change from your day in there
- Open up an ISA (Individual Savings Account) with your bank and get interest on your savings
- Build credit with a credit card that you pay off each month (don't get one if you can't do this, PLEASE)
- Try out Monzo! It's a great app and great bank!