

SELF-CARE CHECKLIST

Self-Care is an ongoing practice in building resilience that helps us during difficult times. Self-Care is about taking steps to feel healthy and comfortable.

There are many forms of self-care for example, physical self-care can help your body heal and stay healthy. Emotional self-care can help you get in tune with yourself and feel grounded. Self-care also can include making positive changes in patterns of your thoughts and behaviors that can contribute to your well being. It also doesn't require a huge chunk of your time. The great thing about self care is that it can look like whatever you want it to look like.

What does self-care look like to you?

(Find what works for you)

- Take deep breaths/ Breathing exercises
- Read a book
- Watch your favorite movie
- Look at art/photographs
- Listen to a podcast
- Use aromatherapy oils
- Burn scented candles
- Check in with how your feeling today
- Make tea or coffee
- Make a nice meal or snack
- Exercise/ at-home workout
- Play with your pet
- Create art: sketch/doodle/paint
- Write/journal
- Go for a drive
- Sing your favorite song
- Dance
- Do a guided meditation
- Watch funny YouTube videos
- Get some sun
- Take a hot shower
- Take a bath
- Go for a walk
- Ride a bike
- Go skate
- Turn off phone for an hour
- Call/Skype/Face time a friend
- Get a plant/take care of your plants
- Garden
- Eat something healthy
- Declutter your laptop/phone
- Clean your room/home/space
- Declutter your closet
- Clean out your backpack or bag
- Take a nap
- Do some yoga
- Go on a hike
- Play a video game
- Set a goal for the day/week/month
- Practice/make a skin care routine
- Repeat positive affirmations
- Other: _____