




SELF-CARE



Checklist



DAILY SELF-CARE

- ☐ Got at least 7–9 hours of sleep
 - ☐ Ate balanced meals and stayed hydrated
 - ☐ Moved my body (exercise, stretch, etc.)
 - ☐ Took a break from screens/social media
 - ☐ Checked in with my feelings
 - ☐ Took medications as prescribed
 - ☐ Spent time outdoors or in natural light
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EMOTIONAL SELF-CARE

- ☐ Reach out to friends or family
 - ☐ Express yourself (talking, writing, art)
 - ☐ Allowed myself to rest without guilt
 - ☐ Practiced positive self-talk
 - ☐ Did something that brought me joy
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MENTAL SELF-CARE

- ☐ Set healthy boundaries
- ☐ Practiced gratitude
- ☐ Focused on one task at a time
- ☐ Limited exposure to stressful news
- ☐ Engaged my brain (read, puzzle, learned something new)

SOCIAL SELF-CARE

- ☐ Connected with a supportive person
 - ☐ Scheduled time for social interaction (in-person or virtual)
 - ☐ Took space from draining or toxic interactions
 - ☐ Participated in a community activity or group
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WEEKLY SELF-CARE

- ☐ Scheduled downtime or rest day
 - ☐ Did an activity just for fun (hobby, creative outlet)
 - ☐ Decluttered or organized part of my space
 - ☐ Celebrated a small accomplishment
 - ☐ Checked in with a therapist or mentor
 - ☐ Engaged in an activity that gave me a sense of purpose
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