

SELF-CARE CHECKLIST



LISTEN TO YOUR BODY

TUNE IN TO YOUR BODY'S SIGNALS AND HONOR ITS NEEDS. SLOW DOWN LONG ENOUGH TO LISTEN TO YOUR BODY.



SET BOUNDARIES

LEARN TO SAY NO TO COMMITMENTS THAT DRAIN YOUR ENERGY AND YES TO ACTIVITIES THAT REPLENISH YOU.



PRACTICE MINDFULNESS

INCORPORATE MINDFULNESS INTO YOUR DAILY ROUTINE THROUGH MEDITATION, DEEP BREATHING EXERCISES, OR JOURNALING.



LEAN INTO JOY

FIND SMALL POCKETS OF JOY THROUGHOUT YOUR DAY AND SOAK IN THE GRATITUDE!



CONNECT WITH NATURE

SPENDING TIME OUTDOORS CAN HAVE PROFOUND EFFECTS ON YOUR MENTAL HEALTH AND OVERALL WELL-BEING.



UNPLUG

DISCONNECTING ALLOWS YOUR BRAIN TO RESET AND DISENGAGE AND CALM DOWN.



CREATE

TAP INTO YOUR CREATIVE SIDE THROUGH ACTIVITIES LIKE PAINTING, WRITING, DANCING OR PLAYING MUSIC.



PRIORITIZE REST & RELAXATION

CARVE OUT TIME FOR RESTORATIVE ACTIVITIES THAT PROMOTE RELAXATION, LIKE TAKING A BATH, OR STRETCHING.



PRACTICE SELF-COMPASSION

EMBRACE IMPERFECTION AND CELEBRATE YOUR PROGRESS, NO MATTER HOW SMALL.



BE PROACTIVE ABOUT YOUR HEALTH

SEE YOUR DOCTORS, TAKE YOUR VITAMINS, DRINK ENOUGH WATER, EAT GOOD FOOD, EXERCISE, SLEEP.



READ MORE

FILL YOURSELF WITH KNOWLEDGE, ARM YOURSELF WITH UNDERSTANDING.



SCHEDULE TIME OFF

MAKE TIME TO GET OUT OF TOWN, OR SIMPLY STAY-CATION AT HOME AND REST.



GET CLEAR ON YOUR VALUES

GET CLEAR ON WHAT MATTERS TO YOU, AND LEAN INTO THOSE THINGS, WHILE ALSO GETTING AWAY FROM THE THINGS THAT DON'T ALIGN.



NUTURE YOUR RELATIONSHIPS

CHECK IN REGULARLY, SCHEDULE TIME TO SEE EACH OTHER. SHOW UP IN WAYS THAT FEEL GOOD FOR YOU, AND THEM!



PRAYER

PRAYER IS A PROFOUND WAY TO EXTEND CARE TO YOUR SPIRITUAL WELL-BEING, AND CAN ULTIMATELY ALLEVIATE STRESS.