SELF CARE CHECKLIST

DAILY	ACTIVITY	NOTES
Start Your Day With A Self Care Intention	At the beginning of the day, take a moment to set an intention to take good care of yourself.	• "Today, I will make time for myself to look after my own health, wellness and happiness." • "I will be compassionate and care for myself, just like I care for others."
Slim Down Your Daily To-Do List	Let go of the habit of overloading yourself.	• Make your to-do list achievable. • At the end of the day, review what you accomplished - make a list! • Celebrate your wins.
Take a Breath and Reset several times a day.	When you find yourself overwhelmed - stop for a moment and take a breath and reset. It just takes a few moments to reset and it's worth it.	• Pause. This is important and only takes a moment. • Take a breath. Relax your body. • Take a few minutes to do some breathwork like square breathing or grounding exercises like 54321
Love and Care for Your Body	Feed your body with clean nutritious foods. Stay hydrated. Move your body.	• Take a break to eat meals. • Serve yourself like you would serve a special guest. • Treat your body to gentle exercise every day.
Mindful Moments	Add mindful moments to your everyday activities. Do normal things mindfully today. It takes the same amount of time, feels better and reduces anxiety.	• Mindfully take a shower. Notice the feeling of the water, the sound, temperature, scent of the shampoo. • Feed your pet mindfully. Be present . • Take a mindful walk. Use 54321 to tune in all your senses.
Social Connections	Make time to be with or talk to those who lift your spirits. Be present.	• Go for lunch with a friend • Phone call with someone kind • Walk outside with a pet or person • Set healthy boundaries
Affirmations	Remind yourself	• "I deserve time to relax" • "It's important to take care of myself" • Today I'm saying yes to fun.
Something Special	Do something nice just for you. Make time to do what you enjoy.	• Listen to music, read a book, get a massage, make a spa appointment, work on a craft or hobby, journal