

Self-Care **CHECKLIST**

Being consistent with a few simple activities can help your physical and emotional well-being. This checklist can help serve as a reminder to take some time for yourself each day.

	M	T	W	T	F	S	S
BASIC							
Get a good night's rest							
Wash face / brush teeth							
Eat a healthy meal <small>with protein & vegetables</small>							
Drink water							
Shower							
PHYSICAL							
Get fresh air							
Move your body							
Close your eyes; take five deep breaths							
Take a nap							
Stretch your muscles							
Listen to music							
MENTAL/EMOTIONAL							
Unplug							
Talk to a friend							
Set daily goals							
Give thanks							
Forgive yourself							
Laugh							