



SELF-CARE CHECKLIST

How to Use This Self-Care Checklist

This checklist is a simple reminder to take care of your mind and body. Keep it somewhere visible—on your desk, fridge, or saved on your phone. Each day and week, check off the items you complete. On harder days, use the Emergency Self-Care section to ground yourself and find quick relief.

The goal isn't to do everything perfectly—it's to notice what helps you feel balanced, rested, and supported.

Over time, you may see patterns that show which practices are most helpful for your well-being.

Daily Self-Care

- ☐ Drink enough water
- ☐ Eat balanced meals
- ☐ Move my body (walk, stretch, or exercise)
- ☐ Take 10 minutes for mindfulness or relaxation
- ☐ Connect with someone I care about
- ☐ Get 7–9 hours of sleep

Weekly Self-Care

- ☐ Spend time in nature
- ☐ Do something creative or fun
- ☐ Reflect on my week (journal, meditate, or pray)
- ☐ Unplug from technology for a few hours
- ☐ Engage in a hobby or activity I enjoy

Emergency Self-Care (when I feel overwhelmed)

- ☐ Pause and take 5 deep breaths
- ☐ Reach out to a trusted friend, family member, or support person
- ☐ Ground myself with 5-4-3-2-1 technique (senses)
- ☐ Use a calming affirmation (e.g., “This moment will pass”)
- ☐ Take a short walk or stretch break