



Self-Care Checklist

Put a checkmark next to the items that you think might be helpful and that you are willing to try. Select key items for **you** – many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

- Write in a journal
- Volunteer for a cause that is meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Nutrition, increase healthy food choices
- Join an online social club
- Listen to enjoyable podcasts or videos
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden, weather permitting
- Try a new hobby
- Get creative! Draw, paint, write a song, cook a new meal
- Have an adventure day
- Creative arts
- Spend time with your children: read to them, listen to their laughter, play with them
- Create a positive image poster

