

Self-Care Checklist

Heart - Emotional

- Connect with those you care about MOST
- Keep a "Call list" handy of those you want to keep in touch with that you don't see often.
- Practice self-compassion and empathy towards *yourself* - be kind
- Create a gratitude list each day
- Keep a Joy Journal and capture "What Went Well Today"
- If appropriate, eat family meals together as often as possible, including prep/clean!
- Plan, in person, quality time with someone you care about.
- Create your list of values to gain clarity on living your personal mission
- Reframe a negative experience to different positive possible outcomes
- Be a benefit finder - look for the good as opposed to a fault finder
- Smile at someone and say hello; make eye contact
- Accept your feelings; don't push them away - go through them
- Know when to seek outside help when things become "too much"
- Identify who's in your tribe? Your choir? The first people you share joy with? Those who are first to hear good or sad news.
- Place meaningful quotes on your wall, in a book or somewhere handy as a reference - easy to remember in good times, not as easy during difficult times
- List of things to look forward to, no matter how small
- Create a vision board of things you enjoy. Review when things seem difficult to manage for concrete ideas.
- Plan a trip to visit a dear family member or friend - near or far
- Think back to times you overcame obstacles and what helped you cope and thrive
- Practice saying NO – gentle, yet firm. May try practicing in front of a mirror with visual feedback.

Mind - Mental

- Remove distractions
- Turn off screen time
- Walk in nature – explore.
- Learn something new
- Journal your thoughts, dreams and wishes
- Journal fears and write a positive response to negate
- Be still and deep breaths to clear your mind
- Purge and declutter your spaces -helps your mind, too!
- Play...really play--something you enjoyed when you were young
- Create a "Things I Enjoy List" to keep handy and as reference guide
- Watch/listen/read a form of comedy -- LAUGH!
- Routinize things you can make easier in your life-- get coffee set up night before, clothes you wear, lunch packed
- "Place negative or toxic people on vacations" from your mind
- Turn off your email notifications more often!
- Take off for the water, park, mountains (?), a favorite relaxation spot where you can unwind
- Read a favorite book – if time limited, magazine, short story
- Turn on the positive and veer away from negative
- Do a repetitive action: Gardening, knitting, drawing, etc.
- Color sheets - pack of colored pencils to doodle, draw
- Remind yourself: This too shall pass. Everything changes
- Give yourself permission to scale back your activities
- Ask for help - at work or home
- Hire someone to do chores that impact your time negatively-- mother's helper, house cleaner, yard work, home helper
- Explore your city as a tourist to rejuvenate your spirit!
- Practice time-out when you're on overwhelm; even 5 mins. helps!
- Get creative and try something new as a "tension release"

Self-Care Checklist

Body – Physical

- Good, restful sleep - 7-8 hrs minimum – VERY important!
- Listen to sleep podcasts, classical or soothing music
- Exercise daily- even 10 mins. - multiple times!
- Breathe deeply from diaphragm, slowly
- Hydrate, hydrate, hydrate with water!
- Healthy, nutritious food choices
- Up to date on medical/dental needs
- Move every hour in some way – stretch your body
- Walk, stand, change physicality
- Napping when possible, short power naps or longer
- Bath time - bubbles?
- DANCE to upbeat music as if nobody's watching!
- Change your scenery- go somewhere different - library, park, bench
- Aromatherapy - awakens senses.
- Refrain or limit alcohol consumption
- Warm decaffeinated tea, milk, lemon water before bed
- Massage or some form of body work
- Haircut, manicure, facial...something to make you feel good outwardly
- Deep breathing - slow inhale thru nose so belly rises, hold count of 4, slow breaths out thru pursed lips longer than inhale, repeat several times to relax
- Add structure to your day where possible—routine and order to follow
- Mindful eating – aware of what you put in your mouth as opposed to mindless eating/snacking
- Know your most productive time of day and gear important tasks towards that period

Soul - Spirit

- Be present in all your moments
- Mindfulness – pay attention to your actions and thoughts
- Mini Meditation breaks – slow your mind down
- Meditation with an app: EX: Calm or Headspace
- Notice and let go of thoughts – circle back to your breath
- Schedule alone time, just BE
- Find a solo quiet spot, sit back and watch the clouds
- Prayer/Universe/Higher Power - whatever that means to you
- Remain hopeful - have faith
- Connect with your life's purpose and get in action
- Have a physical structure to ground you and hold onto -a smooth stone, fidget release, beads, rosary, favorite jewelry, etc. This helps to self soothe & release nervous energy
- Visualizations - guided meditations
- Identify and understand your priorities and values to live by
- Living life honoring your value system authentically
- Visit a place of beauty and intrigue – museum, gallery, specialty store
- Strive to be non-judgmental to others, and especially yourself!
- Accept what is IN your control VS what is out of your control.
- Practice random acts of kindness and see the benefit you receive!
- Spend time with your pet or borrow one...visit the shelter to give love to the animals; hold and pet them.
- Driving or walking, look for 3 -5 signs of beauty you may ordinarily have missed outside.
- Take yourself (or with someone you enjoy) to local theatre, orchestra, dancing, prayer service, yoga class...whatever interests you!