



Self-Care Checklist

TICK THE BOXES OF THE ACTIVITIES YOU DO TO TAKE CARE OF YOURSELF.

- Eat three main meals
 - Go on a 24-hr social media detox
 - Find a quiet spot to meditate
 - Light an aromatic candle
 - Do a gratitude list
 - Practice deep breathing
 - Listen to good music
 - Exercise
 - Catch up with a friend
 - Visit a family member
 - Spend time outdoors
 - Have a mini pamper sesh
 - Cuddle a pet
 - Try something new
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