

# self-care checklist

Now, more than ever, it is important to pay attention to your mental, physical, and emotional well-being.

*What have you been doing to take care of yourself lately?*

Here are some ideas... Make it a goal to check at least two boxes a day!

- EAT HEALTHY MEALS AND SNACKS
- GO ON A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO RELAX
- LIGHT A CANDLE
- MAKE A GRATITUDE LIST
- PRACTICE DEEP BREATHING/MEDITATION
- LISTEN TO YOUR FAVORITE MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND OVER VIDEO CHAT
- HELP SOMEONE IN NEED
- SPEND TIME OUTDOORS
- HAVE YOUR OWN SPA DAY
- WALK THE DOG
- TRY A NEW HOBBY
- READ A BOOK OR MAGAZINE
- MAKE YOUR FAVORITE RECIPE