



# SELF-CARE CHECKLIST

DO WHAT YOU CAN AND DON'T WORRY ABOUT THE REST

- TAKE A SHOWER
- BRUSH YOUR TEETH
- SAY / WRITE YOUR AFFIRMATIONS
- GO FOR A WALK / EXERCISE
- GET SOME SUNLIGHT
- DRINK PLENTY OF WATER
- TAKE YOUR VITAMINS / MEDICATION
- EAT FRUIT & VEGGIES
- DO SOMETHING YOU ENJOY
- LISTEN TO YOUR FAVOURITE SONGS
- READ SOMETHING INSPIRATIONAL
- WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- GET A DECENT NIGHTS SLEEP