



# SELF-CARE CHECKLIST

*Self-care isn't an act but a loving commitment to oneself.*

*Self-care helps decrease anxiety, panic, and stress.*

*How did you cherish yourself this week?*

<input type="checkbox"/>	Take a long bath	<input type="checkbox"/>	Engage in a hobby
<input type="checkbox"/>	Read for pleasure	<input type="checkbox"/>	Listen to your favorite music
<input type="checkbox"/>	Go for a long walk	<input type="checkbox"/>	Spend time with a loved one
<input type="checkbox"/>	Practice mindful meditation	<input type="checkbox"/>	Watch a light-hearted movie
<input type="checkbox"/>	Journal your thoughts	<input type="checkbox"/>	Pamper yourself
<input type="checkbox"/>	Try gentle yoga	<input type="checkbox"/>	Take a short nap
<input type="checkbox"/>	Cook a nourishing meal	<input type="checkbox"/>	Go for a swim
<input type="checkbox"/>	Visit a museum or gallery	<input type="checkbox"/>	Practice gratitude
<input type="checkbox"/>	Gardening	<input type="checkbox"/>	Attend a workshop or class
<input type="checkbox"/>	Paint or draw	<input type="checkbox"/>	Explore a new place