

self-care list

When we are feeling tired and overwhelmed, we can be quick to neglect our physical and mental health. When you recognize that your tank is getting low, stop and check in with yourself. Here are some things you can do to take care of yourself.

- Soaking in the tub
- Recycling old items
- Relaxing
- Jogging, walking
- Reorganizing closet, pantry
- Listening to music
- Drink water
- Getting some sun
- Laughing
- Thinking about past trips
- Listening to others
- Reading a book, magazine
- Hobbies (painting, model building, etc.)
- Planning a day's activities
- Practicing karate, judo, yoga
- Deep breathing
- House projects
- Going for a bike ride
- Cleaning
- Talk to a friend
- Remembering compliments
- Praying, meditating
- Sketching, painting
- Try something new
- Doing something spontaneously
- Playing musical instruments
- Making a gift for someone
- Cook a new recipe
- Writing, journaling
- Daydreaming
- Face mask, skincare
- Refinishing furniture
- Watching videos or DVDs
- Making lists of tasks
- Completing a task
- Take a nap
- Thinking about my achievements
- Exchanging emails
- Playing cards
- Practice gratitude
- Taking care of my plants
- Doodling
- Singing around the house
- Having quiet evenings



WHITE OAK
COUNSELING