



Self-Care Checklist



Tick each self care activity that you do on a regular basis. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Reflect on activities that you could add into the routine of your life. Remember change takes time small steps still take you in the right direction. Be kind to yourself.

Physical Self-Care

- ___ Eat Regularly
- ___ Eat Healthily
- ___ Do some fun physical activity
- ___ Get enough sleep
- ___ Get medical care when needed
- ___ Get regular medical care for prevention
- ___ Take time off when sick
- ___ Wear clothes that make you feel good
- ___ Get outside regularly

Psychological Self-Care

- ___ Take breaks away from technology
- ___ Notice your thoughts, feelings, attitudes and beliefs
- ___ Make time to be alone
- ___ Try new things
- ___ Make time for self-reflection
- ___ Write in a journal
- ___ Find a counsellor
- ___ Decrease stress in your life wherever possible
- ___ Read books that make you feel good

Emotional Self-Care

- Spend time with people who make you feel good about yourself
- Find things that make you laugh
- Express yourself creatively
- Play with children or animals
- Keep in contact with important people in your life
- Rewatch your favourite movies
- Express your feelings and needs assertively
- Show yourself compassion
- Acknowledge your strengths

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Identify what is meaningful to you
- Find spiritual or community connection
- Be open to inspiration
- Contribute to causes you believe in
- Read inspirational books
- Practice meditation, mindfulness, yoga, qigong
- Cherish your optimism and hope

Self-Care While Working Paid or Unpaid

- Balance your workload so that nothing is too much
- Take a break during your workday
- Take time to chat with another adult
- Arrange your workplace to be comfortable
- Identify tasks that are exciting and rewarding
- Negotiate your needs
- Get advice and support when needed
- Set limits with children, family, colleagues



