

Daily Self-Care Checklist for Autistic Adults

Taking care of yourself every day is essential for maintaining balance, reducing stress, and preventing burnout. This simple checklist provides daily self-care reminders to support your well-being in a way that works for you.

☒ Morning Routine

- ☐ Wake up at a consistent time that feels right for you
 - ☐ Stretch, do light movement, or take deep breaths
 - ☐ Hydrate—drink water or a preferred beverage
 - ☐ Eat a breakfast that meets your sensory preferences
 - ☐ Take any necessary medications or supplements
 - ☐ Check your schedule or to-do list for the day
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☒ Midday Check-In

- ☐ Take a break from work or tasks to recharge
 - ☐ Engage in a calming or enjoyable activity (e.g., listening to music, using a fidget toy)
 - ☐ Have a sensory-friendly snack or meal
 - ☐ Move your body in a way that feels good (e.g., stretching, walking, rocking)
 - ☐ Assess energy levels—adjust plans if needed
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☒ Emotional & Mental Well-Being

- ☐ Check in with emotions—name how you're feeling
 - ☐ Engage in a preferred self-soothing or grounding technique
 - ☐ Set or maintain healthy boundaries with others
 - ☐ Reduce overwhelming sensory input if needed (e.g., using noise-canceling headphones, adjusting lighting)
 - ☐ Allow yourself to stim or self-regulate in a comfortable way
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☒ Evening Wind-Down

- ☐ Unplug from screens or social interactions if feeling overstimulated
- ☐ Engage in a relaxing activity (e.g., reading, puzzles, weighted blanket)
- ☐ Practice gentle hygiene routines at your own pace
- ☐ Plan or lay out items for the next day to reduce stress

- ☐ Get into a comfortable sleep environment
 - ☐ Go to bed at a time that aligns with your natural rhythm
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♥ **Final Reminder:** Self-care looks different for everyone. Modify this checklist to suit your unique needs and preferences. Taking small, intentional steps each day can make a big difference in your overall well-being.