

Self-care Checklist

NURTURE YOURSELF IN MORE THAN ONE WAY, EVERYDAY!

■ CREATE SOMETHING

Draw, paint, arrange flowers into a bouquet, bake, take an online art class, plant herbs or flowers in a pot or in the ground, make a photo album or scrap book

■ USE WORDS WITHOUT TALKING

Pen a snail mail letter to a friend or relative, read or listen to a book, write in a journal, create a poem, read a magazine or book

■ SOOTHE YOURSELF

Meditate, take a bath with scented bath salts, rest while listening to soft music, enjoy a cup of coffee or tea, do something repetitively soothing such as knitting

■ PRACTICE GRATITUDE

Make a list of 3 big things you are grateful for, make a list of 3 tiny things you are grateful for, thank someone who has supported you, do something kind for an elder

■ MOVE YOUR BODY

Practice yoga, take a walk, exercise, turn the music up and dance