

SELF-CARE CHECKLIST

We created this checklist to give you options for exploring self-care. This is not an exhaustive list, and it is also not a list of TO-DOs. Think of it more as a list of CAN DOs. We hope this helps you learn more about what helps you to calm, cope, and connect.

- Write a thank you note (colleague, parent, family member)
- Do a yoga pose (mountain, tree, eagle) or stretch to get your blood moving
- Sit outside in the sun with a good book
- Take a walk around the block - Don't forget social distancing
- Eat lunch virtually with a friend
- Take a mindful minute and pay attention to your breathing
- Close your eyes and visualize one thing you are grateful for and why
- Put your earbuds in and listen to a favorite song or podcast
- Make a positive call to parents
- Share something you accomplished or an idea you want to pursue with a friend or spouse
- Share something you've been successful in recently
- Pause, take a deep breath while counting to five, then smile
- Name three things that you are grateful for today
- Hydrate! Drink some H2O
- Share your best and brightest smile with someone
- Get enough rest. Plan for an extra 1-2 hrs of sleep during the week
- Let your kids paint your toenails or fingernails
- Look for something beautiful around you and take note. Sit with the beauty for an extra moment or two
- Take up a new hobby and put aside a fixed amount of time for it weekly or monthly
- Plan an activity to do outdoors
- Read a book for fun
- Take a bubble bath and light a candle
- Try a new recipe