

Routine Self-Care Checklist

PHYSICAL SELF-CARE

- Eat nourishing meals
- Stay hydrated
- Move your body
- Rest and take breaks
- Get enough sleep

EMOTIONAL SELF-CARE

- Reflect or journal
- Practice gratitude
- Set boundaries
- Take screen breaks

SOCIAL SELF-CARE

- Connect with friends/family
- Ask for support if needed

OTHER/PERSONAL

- Spend time on a hobby
- Get fresh air
- Practice mindfulness or meditate

Notes or Reflections:

Write here...