

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...