

Self-Care Checklist

There are many ways you can practice self-care.

Tick any ideas that have worked well for you in the past or that you feel inspired to try.

- Go out into nature - take a walk, go into your garden or visit a park.
- Breathe deeply and close your eyes, taking a moment.
- Try out some self-affirmations.
- Cook or bake.
- Try journaling.
- Watch the sun rise, or set.
- Get some exercise.
- Try yoga or pilates.
- Have a social media free day.
- Write a list of short-term goals.
- Meditate or learn to meditate.
- Make a vision board.
- Connect with friends or family.
- Do something kind for yourself.
- Have a nap, or an early night.
- Create some art.
- Listen to your favorite music.
- Take a long bath or shower.
- Write down your dream vacation - and start to plan it.
- Declutter a room, desk or area.
- Try some stretching exercises.
- Watch a favorite movie or a movie you've always wanted to watch.
- Take some time to read or listen to a podcast.
- Work on a hobby.
- Practice or show gratitude.

