

Self Care Checklist

Peruse these self care activities to get a better idea of your self care style. You can even try rating how these different activities make you feel.



Use these mood scales to keep track of how each activity makes you feel.

I feel better when I...

Social



Connect with old friends



Spend time with people that bring me joy



Meet new people



Join new activities like book clubs/hobby classes



Make a new friend



Physical



Exercise/take a fitness class



Take the time to enjoy my food



Pick healthier food options



Keep my space clean



Spend time away from my technology



Take my time when I get ready to go out

Mental



Take a mental break from the day



Say no when I don't want to/can't do something



Challenge myself to learn/try new things



Sustain a good work-life balance



Resolve conflicts/issues



Read a book for pleasure

Spiritual



Pray often



Attend a religious service



Spend time in nature



Do yoga or meditate



Spend time alone



Volunteer my time for a charity

TREAT
YO SELF.

Emotional



Spend time with people that I enjoy



Let myself cry if I need to



Record my thoughts/reflections in a journal



Say positive affirmations to myself



Receive acknowledgment/support from others



Forgive myself when I make a mistake