**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...*

### 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

### 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

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