

# 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