

Self Care

CHECKLIST

- Active movement for 15-30 minutes
- Take a step outside
- Do something that makes you happy
- Check in on a friend
- Stretch
- Take a hot shower or a bath
- Name 3 things you're grateful for
- Drink a cup of hot tea or coffee
- Read a book
- Do something creative
- Smile
- 7-8 hours of sleep
- Take a break from work
- Make a healthy meal