

THE SIMPLE SELF-CARE CHECKLIST

- Deep Breathing
- Take a Warm Bath
- Go For a Walk
- Read a Book
- Listen to Music
- Plant a Garden
- Meditate
- Eat a Healthy Snack
- Take a 20-min. Nap
- Watch a Funny Show
- Stretch Your Body
- Dance in Your Living Room
- Give Yourself a Hand Massage
- Drink a Glass of Water
- Sing or Play an Instrument
- Call or Text a Friend
- Make Something for a Neighbor
- Look at Funny Memes Online
- Write a Note to a Loved One
- Make Something with Clay
- Do Yoga
- Make Your Favorite Meal
- Look Through Old Photos
- Listen to a Podcast
- Go For a Drive
- Smell Your Favorite Scent
- Wrap up in a Warm Blanket
- Plan a Fun Activity for Yourself
- Ask for a Hug from a Loved One
- Journal or Write
- Take a Break From Social Media
- Get Some Fresh Air
- Reminisce with a Friend
- Make A Travel Wish List
- Record Memories of a Loved One
- Do Your Favorite Hobby
- Color or Paint a Picture
- Create Something
- Read Inspirational Quotes
- Learn about Something New