

Self-Care Checklist

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| ☐ Go outside | ☐ Do a few yoga poses |
| ☐ Get a drink | ☐ Use a fidget or putty |
| ☐ Have a snack/meal | ☐ Doodle |
| ☐ Take five deep breaths | ☐ Make a warm or cold drink |
| ☐ Listen to music | ☐ Word game/puzzle |
| ☐ Journal | ☐ Look at photos of loved ones |
| ☐ Stretch | ☐ Watch a short, funny video |
| ☐ Five-minute meditation | ☐ Affirmations |
| ☐ Mindful walk | ☐ Look out a window |
| ☐ Grounding techniques | ☐ Listen to a podcast |
| ☐ Debrief | ☐ Put on a sweater or a blanket |
| ☐ Success reflection | ☐ Use a scented lotion |
| ☐ Progressive muscle relaxation | ☐ Create a list |
| ☐ Color | ☐ Organize something |