## SELF-CARE CHECKLIST

Tasks	Su	Мо	Tu	We	Th	Fr	Sa
1. Physical Self-Care:							
<ul> <li>Get adequate sleep (7-9 hours per night).</li> <li>Maintain a balanced diet, including plenty of fruits, vegetables, and whole grains.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	0
<ul> <li>Engage in regular physical activity (e.g., walking,</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο
<ul><li>yoga, swimming).</li><li>Attend regular medical check-ups and screenings.</li></ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο
2. Emotional Self-Care:							
<ul> <li>Practice mindfulness/meditation to manage stress.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	0	0	$\bigcirc$
<ul> <li>Express emotions through journaling, art, or talking to a trusted friend.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	0
<ul> <li>Set boundaries in relationships to protect</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	$\bigcirc$
<ul><li>emotional well-being.</li><li>Engage in activities that bring joy and laughter.</li></ul>	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
3. Social Self-Care:							
<ul> <li>Cultivate supportive relationships with friends and family.</li> </ul>	0	$\bigcirc$	0	0	0	0	0
<ul> <li>Participate in group activities or clubs that align with your interests.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	$\bigcirc$	Ο
<ul> <li>Seek out social support when needed, whether through therapy or support groups.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο
<ul> <li>Practice active listening and empathy in your interactions with others.</li> </ul>	Ο	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο
4. Intellectual Self-Care:							
<ul> <li>Stimulate your mind with new hobbies or learning opportunities.</li> </ul>	$\bigcirc$						
<ul> <li>Read books, articles, or listen to podcasts on topics that interest you.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
<ul> <li>Engage in creative activities like writing, painting, or playing music.</li> </ul>	$\bigcirc$	0	$\bigcirc$	0	0	$\bigcirc$	0
<ul> <li>Set and pursue personal goals to foster a sense of accomplishment.</li> </ul>	0	0	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο
5. Spiritual Self-Care:							
<ul> <li>Engage in spiritual practices that resonate with you, such as prayer, meditation, or attending</li> </ul>	$\bigcirc$	0	0	0	0	0	$\bigcirc$
<ul><li>religious services.</li><li>Spend time in nature to connect with something</li></ul>	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
<ul><li>larger than yourself.</li><li>Reflect on your values and purpose in life.</li></ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	Ο	Ο	$\bigcirc$	Ο
<ul> <li>Practice gratitude and cultivate a sense of appreciation for the present moment.</li> </ul>	0	0	0	0	0	0	$\bigcirc$

Tasks	Su	Мо	Tu	We	Th	Fr	Sa
6. Environmental Self-Care:							
<ul> <li>Create a clutter-free and organized living space that promotes relaxation.</li> </ul>	$\bigcirc$	Ο	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
<ul> <li>Spend time in environments that feel calm and rejuvenated.</li> </ul>	0	0	Ο	0	0	0	0
Reduce exposure to environmental toxins and	0	0	0	$\bigcirc$	0	0	0
<ul><li>pollutants.</li><li>Connect with nature by spending time outdoors and enjoying natural scenery.</li></ul>	0	0	0	0	0	0	0
7. Professional Self-Care:							
<ul> <li>Set realistic work boundaries to prevent burnout.</li> <li>Take regular breaks throughout the workday to rest and recharge.</li> </ul>	0	0	00	00	0	0	00
<ul> <li>Seek opportunities for professional development</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	0	0
<ul><li>and growth.</li><li>Advocate for yourself in the workplace to ensure your needs are met.</li></ul>	0	0	$\bigcirc$	0	0	0	0
8. Cultural Self-Care:							
<ul> <li>Engage with cultural practices or traditions that are meaningful to you.</li> </ul>	0	$\bigcirc$	$\bigcirc$	0	0	0	0
<ul> <li>Celebrate your cultural identity and heritage.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
<ul> <li>Educate yourself about different cultures and</li> </ul>	$\widetilde{\mathbf{a}}$	$\widetilde{\mathbf{O}}$	$\widetilde{\mathbf{O}}$	$\tilde{\mathbf{a}}$	$\widetilde{\mathbf{O}}$	ŏ	$\widetilde{\mathbf{O}}$
perspectives.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
<ul> <li>Participate in cultural events or festivals in your community.</li> </ul>	0	0	0	0	$\bigcirc$	0	0
9. Financial Self-Care:							
<ul> <li>Create a budget and track your expenses to manage financial stress.</li> </ul>	0	$\bigcirc$	$\bigcirc$	0	0	0	0
<ul> <li>Set financial goals and take steps to achieve them.</li> </ul>	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Seek professional advice if needed to improve your	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
<ul><li>financial situation.</li><li>Practice mindful spending and avoid unnecessary</li></ul>							
debt.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	$\bigcirc$	0
10. Self-Reflection and Assessment:							
<ul> <li>Regularly check in with yourself to assess your mental and emotional well-being.</li> </ul>	0	0	0	0	0	0	0
<ul> <li>Identify areas of your life where you may need additional support or resources.</li> </ul>	0	0	0	$\bigcirc$	0	$\bigcirc$	0
<ul> <li>Adjust your self-care routine as needed based on changes in your circumstances or priorities.</li> </ul>	0	0	0	0	0	0	0





Helping People Help Themselves