

Self Care

Self-care is sometimes viewed as an indulgence. Some people practice self-care by spending money on expensive things like going to the spa, having a grand vacation, or buying a million-dollar collector's item.

But remember - self-care is personal—yourself, your choice. We all have a different approach when it comes to putting ourselves first, it's hard not worry about what other people might think when you indulge yourself.





Self Care checklist #1

Maintaining your physical and mental needs helps you build resilience and manage stress. Below are some suggestions as a reminder to take some time for yourself each day – even is only for 5 mins.

	M	T	W	Th	F	Sa	Su
Basic							
Get good night's sleep							
Sit down and eat a meal							
Eat your favourite snack							
Drink water							
Shower with lovely body wash							
Physical							
Get fresh air							
Move your body							
Breathe deeply							
Take a nap							
Take a bath/long shower							
Listen to music							
Mental							
Unplug from technology							
Talk to a friend							
Set daily goals							
Give thanks							
Journal							
Speak positively to yourself							
Emotional							
Forgive yourself							
Ask for help							
Wear one of your favourite's							
Do something creative							



Self Care checklist #2

Create your own checklist by writing some suggestions for yourself below:

	M	T	W	Th	F	Sa	Su
Basic							
Physical							
Mental							
Emotional							