



SELF-CARE CHECKLIST!

Need help creating a self-care checklist?

We've got you covered! Here are some steps you can take for yourself throughout the day!

Drink a glass of water.
Sometimes when we're feeling tired or hungry or cranky, we're actually just thirsty!

Stretch!

Write out any thoughts or feelings in a journal or on paper!
Remember your thoughts and feelings are valid.

Do something that you love!

Do some yoga!

Get enough sleep!

Take a walk.

Do 5 mins of deep breathing/meditation.

Talk to or play with a friend!

Read your favorite book!

Snuggle with your pet!

Eat a well balanced meal!



How many did you **check off today?**

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Check back on **Nick Helps** for more tips, tricks and other helpful resources!