

Self-Care List

This is a list of possible self-care activities. There are five categories representing the many different aspects of self-care (activities may be relevant to more than one area). Check of activities you already do. You may also mark activities that you may want to start doing in another way (i.e. an x). This exercise will give you an idea of what you already do and what you may want to start doing.

<p><u>Mental</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Journal<input type="checkbox"/> Read<input type="checkbox"/> Watch tv or a movie<input type="checkbox"/> Make art, music<input type="checkbox"/> Listen to music or a podcast<input type="checkbox"/> Deep breathing<input type="checkbox"/> Play with a pet<input type="checkbox"/> Turn off your phone for a bit<input type="checkbox"/> Take a break<input type="checkbox"/> Cook/Bake<input type="checkbox"/> Play a game or do a puzzle<input type="checkbox"/> Watch a funny video<input type="checkbox"/> Other:	<p><u>Social</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Call a friend or loved one<input type="checkbox"/> Volunteer<input type="checkbox"/> Join a peer support group<input type="checkbox"/> Join a club or organization<input type="checkbox"/> Share your feelings<input type="checkbox"/> Do something with a friend<input type="checkbox"/> Ask for help when you need it<input type="checkbox"/> Honor your commitments<input type="checkbox"/> Say no when you need to<input type="checkbox"/> Other:	<p><u>Physical</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Exercise (regularly)<input type="checkbox"/> Eat healthy<input type="checkbox"/> Drink enough water<input type="checkbox"/> Get adequate rest (7-9 hours)<input type="checkbox"/> Go for a walk<input type="checkbox"/> Get medical care when needed<input type="checkbox"/> Practice good hygiene<input type="checkbox"/> Take time off when sick<input type="checkbox"/> Get out in nature<input type="checkbox"/> Take vacations<input type="checkbox"/> Take a bath<input type="checkbox"/> Take a nap<input type="checkbox"/> Other:
<p><u>Emotional</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Do a self-check in<input type="checkbox"/> Allow yourself to cry<input type="checkbox"/> Make your space comfortable<input type="checkbox"/> Write down your feelings<input type="checkbox"/> Positive self-talk<input type="checkbox"/> See a therapist<input type="checkbox"/> Practice self-compassion<input type="checkbox"/> Respect emotional boundaries<input type="checkbox"/> Other:	<p><u>Spiritual</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Self-reflection<input type="checkbox"/> Meditation<input type="checkbox"/> Do a mindful exercise<input type="checkbox"/> Yoga<input type="checkbox"/> Affirmations<input type="checkbox"/> Pray<input type="checkbox"/> Gratitude journal<input type="checkbox"/> Other:	<p><u>Other</u></p> <ul style="list-style-type: none"><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/>

Self-Care List

This is a general list of possible self-care activities. Check off any that you already do. Mark any that you want to do in the future with an X. This activity will give you an idea of what you already do for self-care and what you can add to your self-care practice.

- Meditation
- Do a puzzle
- Do a mindfulness exercise
- Deep breathing
- Exercise
- Go for a walk
- Get enough sleep (7-9 hours)
- Consistence sleep cycle
- Creative expression
- Affirmations
- Make music
- Take a bath
- Play with a pet
- Meet and communicate with friends
- Get out in nature
- Turn off smart phones for a bit
- Do something for someone else
- Eat a healthy diet
- Eat regularly
- Practice good hygiene
- Check in on yourself
- Self-reflection
- Take a break
- Share your feelings
- Practice gratitude
- Take a vacation
- Watch tv or a movie
- Call a friend
- Cross something off your to-do list
- Listen to music or a podcast
- Play a game
- Get medical care when needed
- Clean
- Pray
- Cook
- Bake
- Yoga
- Read
- Therapy
- Journal
- Make art
- Take time off when sick
- Watch a funny video
- Set limits and boundaries
- Accept and honor your boundaries
- Make your space comfortable
- Join a peer support groups
- Avoid overwork
- Make time for hobbies
- Take a nap
- Fidget toys
- Drinking enough water
- Buy a plant and take care of it
- Limit news consumption
- Allow yourself to cry
- Allow yourself to feel emotions
- Positive self-talk
- Practice self-compassion
- Do something with a friend
- Join a club or organization
- Ask for help when you need it
- Say no when you need to
- Other: