# 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.

<table>
<thead>
<tr>
<th>Mental</th>
<th>Social</th>
<th>Physical</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Journal</td>
<td>__ Call a friend or loved one</td>
<td>__ Exercise (regularly)</td>
</tr>
<tr>
<td>__ Read</td>
<td>__ Volunteer</td>
<td>__ Eat healthy</td>
</tr>
<tr>
<td>__ Watch tv or a movie</td>
<td>__ Join a peer support group</td>
<td>__ Drink enough water</td>
</tr>
<tr>
<td>__ Make art, music</td>
<td>__ Join a club or organization</td>
<td>__ Get adequate rest (7-9 hours)</td>
</tr>
<tr>
<td>__ Listen to music or a podcast</td>
<td>__ Share your feelings</td>
<td>__ Go for a walk</td>
</tr>
<tr>
<td>__ Deep breathing</td>
<td>__ Do something with a friend</td>
<td>__ Get medical care when needed</td>
</tr>
<tr>
<td>__ Play with a pet</td>
<td>__ Ask for help when you need it</td>
<td>__ Practice good hygiene</td>
</tr>
<tr>
<td>__ Turn off your phone for a bit</td>
<td>__ Honor your commitments</td>
<td>__ Take time off when sick</td>
</tr>
<tr>
<td>__ Take a break</td>
<td>__ Say no when you need to</td>
<td>__ Get out in nature</td>
</tr>
<tr>
<td>__ Cook/Bake</td>
<td></td>
<td>__ Take vacations</td>
</tr>
<tr>
<td>__ Play a game or do a puzzle</td>
<td></td>
<td>__ Take a bath</td>
</tr>
<tr>
<td>__ Watch a funny video</td>
<td></td>
<td>__ Take a nap</td>
</tr>
<tr>
<td>__ Other:</td>
<td></td>
<td>__ Other:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emotional</th>
<th>Spiritual</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Do a self-check in</td>
<td>__ Self-reflection</td>
<td>__</td>
</tr>
<tr>
<td>__ Allow yourself to cry</td>
<td>__ Meditation</td>
<td>__</td>
</tr>
<tr>
<td>__ Make your space comfortable</td>
<td>__ Do a mindful exercise</td>
<td>__</td>
</tr>
<tr>
<td>__ Write down your feelings</td>
<td>__ Yoga</td>
<td>__</td>
</tr>
<tr>
<td>__ Positive self-talk</td>
<td>__ Affirmations</td>
<td>__</td>
</tr>
<tr>
<td>__ See a therapist</td>
<td>__ Pray</td>
<td>__</td>
</tr>
<tr>
<td>__ Practice self-compassion</td>
<td>__ Gratitude journal</td>
<td>__</td>
</tr>
<tr>
<td>__ Respect emotional boundaries</td>
<td>__ Other:</td>
<td>__</td>
</tr>
</tbody>
</table>

| __ Other:       |                                   | __                          |
| __                          |                                   | __                          |

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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: