

SELF-CARE CHECK LIST

WHAT IS SELF-CARE?

PHYSICAL – Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress, your dental/medical check-ups, and sexual health.

INTELLECTUAL – Intellectual self-care involves your personal growth, continuous pursuit of learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.

SOCIAL – Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.

SPIRITUAL – Spiritual self-care involves the beliefs and values that guide your life. This includes practices that help nourish you soul, seek understanding, and explore your spiritual life.

EMOTIONAL – Emotional self-care involves awareness of your feelings and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and a love for ourselves and others.

SELF-CARE SUGGESTIONS

PHYSICAL

- ✓ Proper Nutrition ✓ _____
- ✓ Healthy Eating Habits ✓ _____
- ✓ Quality Sleep ✓ _____
- ✓ Regular Water Intake ✓ _____
- ✓ Supplements/Medication ✓ _____
- ✓ Conscious Breathing ✓ _____
- ✓ Exercise ✓ _____
- ✓ Massage/Acupuncture, etc. ✓ _____
- ✓ Meditation ✓ _____
- ✓ Get Outdoors ✓ _____

INTELLECTUAL

- ✓ Read a Book/Listen to a Audio Book ✓ _____
- ✓ Crossword Puzzles/Sudoku, etc. ✓ _____
- ✓ Attend a Seminar/Workshop ✓ _____
- ✓ Sign up for a New Course or Class ✓ _____
- ✓ Plan/Organize an Event ✓ _____
- ✓ Join a Committee ✓ _____
- ✓ Journal ✓ _____
- ✓ Learn a New Skill ✓ _____
- ✓ Therapy/Coaching ✓ _____
- ✓ Meditation ✓ _____

SELF-CARE CHECK LIST

SOCIAL

- ✓ Call or Visit a Friend/Family Member ✓ _____
- ✓ Volunteer ✓ _____
- ✓ Join a Committee/Meeting Group ✓ _____
- ✓ Make a Meal with Family/Friends ✓ _____
- ✓ Attend a New Event ✓ _____
- ✓ Write a Letter to Someone ✓ _____
- ✓ Therapy/Coaching/Support Groups ✓ _____
- ✓ Create Healthy Boundaries ✓ _____
- ✓ Be Around Like-Minded People ✓ _____
- ✓ Do Work/Homework in a Public Place ✓ _____

SPIRITUAL

- ✓ Practice your Values/Beliefs Daily ✓ _____
- ✓ Create Healthy Boundaries ✓ _____
- ✓ Seek and Join a Like-Minded ✓ _____
Community ✓ _____
- ✓ Read Spiritual Books ✓ _____
- ✓ Prayer ✓ _____
- ✓ Meditation ✓ _____
- ✓ Forgiveness ✓ _____
- ✓ Finding Purpose ✓ _____
- ✓ Music/Dance ✓ _____
- ✓ Practice Gratitude Daily ✓ _____

EMOTIONAL

- ✓ Physical, Intellectual, Social, and ✓ _____
Spiritual Practices ✓ _____
- ✓ Music ✓ _____
- ✓ Meditation ✓ _____
- ✓ Expressing Yourself ✓ _____
- ✓ Loving/Respecting Yourself ✓ _____
- ✓ Feeling Your Feelings Fluidly ✓ _____
- ✓ Healthy Coping Mechanisms ✓ _____
- ✓ Positive Self-Talk ✓ _____
- ✓ Talking Things Through ✓ _____
- ✓ Words of Affirmation ✓ _____