



# SELF-CARE SELF-CHECK

Putting our needs on hold during a challenging time is all too easy. Below is a list of ideas for reflection. Mark those that are relevant to you and use the blank spaces for your own ideas.

✓ = I usually do this.

O = I could try this.

!!! = I need to do this soon!

## PHYSICAL

- Rest or nap
- Get 7-8 hours of sleep
- Take deep slow breaths
- Eat nutritious food regularly
- Stay hydrated
- Go outside and get some sun/fresh air
- Make and keep medical appointments
- Make and keep dental and eye appointments
- Stay consistent with medications
- Declutter your living/work space
- Schedule time for yourself
- Go somewhere new
- Try a new makeup or hairstyle
- Increase exercise and movement
- Make preventative care medical appointments
- Use essential oils
- Apply moisturizer
- Get a haircut or style
- Paint nails or get mani/pedi
- Engage your senses
- Spend time with your pet(s)
- Take a long shower or bath
- Stretch or try yoga
- Abstain from alcohol or be moderate
- Limit caffeine intake
- Ask for or get a massage
- Spend time in a local park
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Key Focus Areas:

## EMOTIONAL

- Allow yourself a good cry
- Practice self-compassion/forgiveness
- Feel your feelings and share if desired
- Connect with supportive people
- Cultivate hopefulness or gratitude
- Do something that brings you joy:  
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\_\_\_\_\_  
\_\_\_\_\_
- Reduce unnecessary stressors
- See a therapist/contact EAP
- Engage in activities that bring you comfort:  
\_\_\_\_\_  
\_\_\_\_\_
- Watch videos that make you laugh:  
\_\_\_\_\_  
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Key Focus Areas:

# MENTAL

- Know your limitations
- Set and keep your boundaries
- Monitor self-talk
- Adopt a mantra, ex: "I can handle this."

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- Reel in excessive worry
- Try journaling
- Learn to delegate
- Get more information
- Remember your strengths

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- Let go of perfectionism
- Know what is in and out of your control
- Express yourself through art or a hobby
- Read good literature
- Practice non-judgement
- Take a mini-vacation/staycation
- Reach out to community supports
- Be realistic about what can be accomplished
- Read a self-help book
- Try an online support group
- Be okay with saying "no"
- Avoid people-pleasing
- Do something to relieve stress:

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**Key Focus Areas:**

# SPIRITUAL

- Pray or meditate
- Read sacred texts
- Try a daily devotional
- Volunteer
- Listen to spiritual or relaxing music
- Watch/listen to an inspirational show/podcast
- Take time to play/be childlike
- Connect with clergy/spiritual mentor
- Take time to reflect/make meaning
- Surrender to higher power/universe

- Connect with nature
- Catch a sunrise/sunset/moonrise
- Try star gazing
- Lay down and watch the clouds
- Appreciate simplicity
- Try to stay in the present moment
- Appreciate a body of water
- Feel your feet on the ground or in the sand
- Remember your ancestors
- Take time to reminisce

**Key Focus Areas:**