

Self-Care Checklist

A holistic checklist for caring for your physical, emotional, social, and practical wellbeing.

Physical Self-Care

- ☐ Drink water regularly throughout the day
- ☐ Eat balanced meals and avoid skipping food
 - Steady meals support your mood and energy, not just your body.
- ☐ Move your body in a way you enjoy for at least a few minutes
- ☐ Aim for 7 to 9 hours of quality sleep
- ☐ Step outside for fresh air and natural light

Emotional Self-Care

- ☐ Name how you are feeling without judging yourself
- ☐ Practice self-compassion and speak to yourself kindly
 - Talk to yourself as you would to a good friend.
- ☐ Do something that genuinely makes you smile or laugh

Mental Self-Care

- ☐ Take short breaks from screens and information overload
- ☐ Spend a few minutes on mindfulness or slow breathing
- ☐ Do something creative or learn something just for fun
- ☐ Break overwhelming tasks into smaller, manageable steps
- ☐ Give yourself permission to do nothing for 10 minutes

Social Self-Care

- ☐ Reach out to a friend or family member you trust
- ☐ Ask for help or support when you need it
 - Letting others help is a form of self-care, not weakness.
- ☐ Set gentle boundaries and say no when you are stretched
- ☐ Plan something to look forward to with someone you like

Practical Self-Care

- ☐ Tidy a small space to reduce visual stress
- ☐ Handle one nagging task you have been avoiding
- ☐ Review your finances or pay a bill so it stops looming
- ☐ Take a nice hot shower

Check in With Yourself

- ☐ Pause and ask what you actually need right now
- ☐ Notice which area of self-care you have been neglecting
- ☐ Celebrate the self-care you already managed, however small
- ☐ Remember that consistent small acts matter more than perfect ones