

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 when busy
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
- Rest when you are tired instead of pushing through

Emotional Self-Care

- Name how you are feeling without judging yourself
- Write in a journal or note what is on your mind
- Allow yourself to cry, vent, or process difficult feelings
- 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
- Take a break from anything draining your emotional energy

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
- Limit doomscrolling and curate your feeds
- Break overwhelming tasks into smaller, manageable steps
- Give yourself permission to do nothing for a while

Social Self-Care

- Reach out to a friend or family member you trust
- Spend quality time with people who lift you up
- 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
- Take a break from people or groups that drain you
- 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
- Plan meals or prep something to make the week easier
- Book that appointment you have been putting off
- Set up your space so tomorrow feels a little smoother

Check in With Yourself

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