

I Feel Better When I...

Self-Care Checklist

Directions: Review the different self-care activities. Color in the circle or use a check mark next to the self-care activities that you do. It's time to learn your self-care style!

PHYSICAL



- ☐ Exercise or play a sport
- ☐ Pick healthy food options
- ☐ Spend time away from technology
- ☐ Take the time to enjoy my food
- ☐ Keep my space clean
- ☐ Take my time when I get ready

MENTAL



- ☐ Take a mental break from the day
- ☐ Spend time alone
- ☐ Resolve conflicts or issues
- ☐ Spend time outside in nature
- ☐ Do yoga
- ☐ Meditate

SOCIAL



- ☐ Meet new people
- ☐ Spend time with friends or family
- ☐ Call my friends or family on the phone
- ☐ Try new hobbies
- ☐ Attend an event in the community
- ☐ Volunteer my time

EMOTIONAL



- ☐ Let myself cry if I need to
- ☐ Write down my thoughts in a journal
- ☐ Say strong messages to myself
- ☐ Receive support from others
- ☐ Forgive myself when I make a mistake
- ☐ Spend time with people that I enjoy