

Self-care check-in

CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.

- SLEEP AT LEAST 6 HOURS
- EAT THREE MAIN MEALS
- MEDITATE FOR AT LEAST A COUPLE
OF MINUTES
- EAT A HEALTHY SNACK
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- TEXT A FRIEND
- TALK TO A FAMILY MEMBER
- GO FOR A WALK
- WRITE IN JOURNAL
- CUDDLE A PET
- DRINK WATER
- READ A BOOK