

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