

Self-Care Awareness Checklist

SELF-CARE IS NOT SELFISH...IT'S ESSENTIAL

NUTRITION

- ☐ Eat clean, whole foods.
- ☐ Eat a balanced meal plan of essential nutrients.
- ☐ Drink 6-8 glasses of water.

PHYSICAL ACTIVITY

- ☐ Stand up every 30 minutes to refresh your posture, mind and muscles.
- ☐ Incorporate total body movements each day for 10-30min.
- ☐ Enjoy your chores as they do count as physical activity.

PENCIL IN YOUR PRIORITIES

- ☐ Write out your most important priorities
- ☐ Write out why they are your most important priorities.
- ☐ Schedule them into your calendar as the most essential meeting: the one with yourself to care for YOU!

KEEP STRESS LEVELS LOW

- ☐ Identify what causes you stress.
- ☐ Find ways to ease your stress.
- ☐ Commit to getting ahead of stress by adding in naps, journalling, meditation, prayer and other ways to calm your body and mind.

SLEEP IS KEY FOR WELLNESS

- ☐ Discover how much sleep you need.
- ☐ Create a wind-down routine to prep your body to fall asleep.
- ☐ Ensure that your environment is conducive to a deep sleep.

GUARD YOUR ENERGY

- ☐ Say "No" when you know it means "No".
- ☐ Shut off the news, notifications, and other distractions so you can tune into how you feel
- ☐ Allow your emotions and feelings to flow and show.

