

# Self-Care Activities Daily Checklist

PHYSICAL SELF-CARE ACTIVITIES	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Get 7-8 Hours of sleep each night.														
Drink plenty of water each day.														
Take a walk.														
Stretch or do yoga.														
Eat fruits and vegetables.														
Shower and comb hair.														
Floss and brush teeth.														
Make bed.														
Prepare a meal (no matter how simple.)														
Wash clothes.														
MENTAL SELF-CARE ACTIVITIES	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Take all medications.														
Meditate for 5 minutes.														
Write down your goals. Work on one of them.														
Write in a journal.														
Do some adult coloring.														
Download a Mental Health App on your phone.														
Do a puzzle (jigsaw, sudoku, crossword.)														
Do some deep-breathing.														
Use essential oils (lavender, peppermint)														
Learn about and practice a coping skill.														
EMOTIONAL SELF-CARE ACTIVITIES	M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S
Call, text, or email a friend.														
Read or listen to a book.														
Listen to an interesting Podcast episode.														
Listen to music and dance around the room.														
Take a course on Udemy and learn a new skill.														
Join a support group (online or in-person)														
Take an Epsolm Salt bath.														
Watch or attend a Comedy Show.														
Create or recite positive affirmations.														
Make a list of commitments and "quit" one.														

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PHYSICAL SELF-CARE ACTIVITIES

M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S

MENTAL SELF-CARE ACTIVITIES

M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S

EMOTIONAL SELF-CARE ACTIVITIES

M	T	W	Th	F	Sa	S	M	T	W	Th	F	Sa	S

# My 3 Things for Today



(DAILY SELF-CARE ACTIVITIES)

DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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