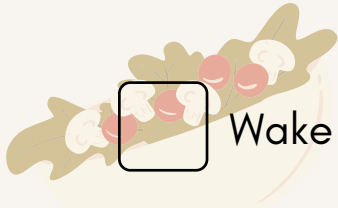


Daily Self-Care Checklist



Wake up with a set alarm

Take a shower/Brush your teeth/Practice good hygiene

Drink 8-10 glasses of water

Clean/Tidy your space

Take a walk/Get some exercise

Listen to some new music

Learn/Research a new skill

Open a window/Get some fresh air

Speak to at least one person on the phone or via video chat

Take a scheduled break from technology/The news

Reconnect with someone

Have 3 meals at set times

Catch up on laundry

Take time to write something positive or do a sketch

Do one thing you've been putting off for a long time

Try to keep to your routine

Get dressed in day clothes

Meditate



"IT'S NOT SELFISH TO LOVE YOURSELF, TAKE CARE OF YOURSELF, AND TO MAKE YOUR HAPPINESS A PRIORITY. IT'S NECESSARY" - MANDY HALE