Daily Self-Care Checklist

- Wake up with a set alarm
- Drink 8-10 glasses of water
- Take a walk/Get some exercise
- Learn/Research a new skill
- Speak to at least one person on the phone or via video chat
- Reconnect with someone
- Catch up on laundry
- Do one thing you've been putting off for a long time
- Get dressed in day clothes
- Take a shower/Brush your teeth/Practice good hygiene
- Clean/Tidy your space
- Listen to some new music
- Open a window/Get some fresh air
- Take a scheduled break from technology/The news
- Have 3 meals at set times
- Take time to wrist something positive or do a sketch
- Try to keep to your routine
- Meditate

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