SELF CARE CHECK LIST

MAKE A LIST OF YOUR ‘GO TO’ FEEL GOOD ACTIVITES THAT NURTURE YOUR WELLBEING. TRY TO ENSURE SPENDING SOME TIME EACH DAY ON THESE. SELF CARE IS NOT SELFISH, IT IS ESSENTIAL TO OUR WELLBEING. ENDEAVOR TO SCHEDULE THESE INTO YOUR DAY OTHERWISE THEY PROBABLY WON’T HAPPEN!

E.G. An exercise you enjoy, music, reading, audiobook/podcast, meeting a friend, meditation, cooking etc.