

self-care check-in

CHECK THE BOXES OF THE ACTIVITIES YOU DO
OR WOULD LIKE TO DO TO TAKE CARE OF
YOURSELF.

- EAT THREE MAIN MEALS
- TAKE A 24-HOUR SOCIAL MEDIA DETOX
- FIND A QUIET SPOT TO MEDITATE
- LIGHT AN AROMATIC CANDLE
- START A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- TAKE A WALK IN NATURE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER VIRTUALLY
- SPEND TIME NURTURING A GARDEN
- PAMPER YOURSELF
- CUDDLE A PET
- READ OR LISTEN TO A BOOK
- SCHEDULE YOUR REFLEXOLOGY APPOINTMENT [HERE](#)



"Self-Care is NOT about Self-Indulgence, it's about Self-Preservation"

~Audrey Lorde