

# SELF-CARE CHECKLIST IDEAS

These are only a few ideas of ways that you can improve your life, but look at your own day to day routines and figure out what you really need to be happy and to create the life that you (and your kids) deserve. Choose from the list anything that resonates with you and will help improve your life.

## PHYSICAL SELF-CARE

- Exercise | Eat healthy | Drink water
- Use available sick leave at work as needed
- Take lunch breaks/go walking during breaks
- Take your dog for a walk/hike
- Go to regular doctor/dentist appointments
- Prep meals weekly or monthly

## SOCIAL SELF-CARE

- Expand your network of friends/Social groups
- Prioritize relationships with family/friends
- Attend special events
- Check up on friends/family often
- Set Boundaries
- Say no when you're over-committed
- Ask for what you need/Accept help when offered
- Learn to serve others
- Be kind/patient/understanding with others

## PROFESSIONAL/INTELLECTUAL SELF-CARE

- Find a job/career/hobby that gives you purpose
- Attend extra training or professional development
- Learn something new that you've always been interested in
- Show up on time daily and leave on time each day
- Give your best work with each project your work on

## EMOTIONAL SELF-CARE

- Journal | Find time to relax daily
- Don't check work email/messages when not working
- Turn off the TV to get other things done
- Find ways to stay balanced and grounded
- Be kind to yourself In the midst of turmoil
- Being understanding and positive with yourself
- Give yourself the grace of making mistakes
- Be patient in reaching goals
- Be forgiving of yourself
- Create a routine.
- Create an environment that is functional
- Prepare for the next day (put out clothes, shoes, etc)
- Complete one task on your to do list each day

## FINANCIAL SELF-CARE

- Write a budget and stick to it
- Get out (and stay out) of debt
- Organize your bills and pay them on time
- Find time to call on financial matters
- Work towards being more self-sufficient
- Don't spend money as a way to cope with emotions

## SPIRITUAL SELF-CARE

- Go to church | Reading | Do Yoga
- Meditate/pray | Affirmations
- Take a day off work while your kids are at school to get things done or spend some time alone