

The self care checklist



What is self care?

Self care is something that you do on purpose to meet your mental, physical and emotional needs. It's the little things we do to make us feel good (taking a shower, laughing with a friend, going for a walk, spending time with a pet, dancing in your bedroom) and it's personal for everybody, meaning what feels like an act of self care is different from one person to the next.

“I love nothing more than listening to music by myself. It resets me almost and gives me the motivation to take on the day. I also turn to music to connect with myself and my emotions. And I can almost ‘playlist’ myself to feeling ok again when I don’t feel great.” - Stella

Why is self care so important?

Because you are! Taking time for yourself is a reminder of just how important you are. And doing things that feel good for your mind, body and soul make us feel better all round. You **may** even notice you have more energy and you feel happier and more relaxed when you practise daily self care.

When our motivation and energy levels are low, doing even just one thing that makes us feel good, can be really useful (E.g. a simple walk, drinking a glass of water, taking a relaxing bath).

We understand that doing things that meet our mental, physical and emotional needs is really important for us, so we wanted to share our helpful **daily self care checklist**.

TOP TIP

Write it/print it out and put it on your fridge, pin board, mirror or screen saver as a daily reminder to take good care of yourself.

Self care checklist

- Have you been outside today?
- Have you done something you enjoy today?
- Have you moved your body today?
- Have you eaten and drank enough water today?
- Have you practised any personal care and hygiene today?
- Have you spoken to anyone today?

Have a go at using this checklist over the next week, and see if it makes any difference to how you think, feel, and behave.