# Self-Care Checklist

*It's important to take care of yourself. When you're not feeling your best, you can't be your best!*

*Self-care looks different for everyone. But for many people, self-care can include the food you eat, how much physical activity you get, the time you set aside for hobbies, and how much sleep you're getting each night. Try some of these popular self-care practices when your mood could use a boost!*

- ☐ Take deep breaths
- ☐ Write in a journal
- ☐ Go for a walk
- ☐ Paint or draw
- ☐ Eat a favorite treat
- ☐ Blow bubbles
- ☐ Do a puzzle
- ☐ Read a book
- ☐ Watch a movie
- ☐ Pray or meditate
- ☐ Go for a bike ride
- ☐ Write down your feelings
- ☐ Hug a loved one

- ☐ Take a nap
- ☐ Stretch your body
- ☐ Eat a healthy snack
- ☐ Talk to a friend
- ☐ Listen to calming music
- ☐ Play with clay
- ☐ Go on a hike
- ☐ Make a craft
- ☐ Have quiet time
- ☐ Snuggle with a pet
- ☐ Talk about your feelings
- ☐ Take a bubble bath
- ☐ Cuddle with a warm blanket

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