



Self-Care CHECKLIST



- Did you get proper sleep?
- Have you eaten regular meals today?
- Have you taken breaks throughout the day to stretch & move?
- Have you engaged in activities that bring you to baseline in your nervous system?
- Do you need to make any doctor appointments?
- Did you prioritize your own needs & boundaries in your interactions with others?

REMEMBER TO BE KIND TO YOURSELF
AND PRIORITIZE YOUR OWN WELL-BEING.