

Daily Self-Care

This checklist is a good starting point for incorporating daily self-care activities into your routine.



Relationships



15 Minutes



Starter

Physical Self-Care

Eat something healthy (e.g. a fruit)	<input type="checkbox"/>
Exercise	<input type="checkbox"/>
Take a bath	<input type="checkbox"/>
Get a massage	<input type="checkbox"/>
Drink enough water	<input type="checkbox"/>
Take time off	<input type="checkbox"/>
Take a walk	<input type="checkbox"/>
Go to bed on time	<input type="checkbox"/>
Take a long shower	<input type="checkbox"/>
Take a lunch break	<input type="checkbox"/>
Start stretching	<input type="checkbox"/>
Go hiking	<input type="checkbox"/>
Sleep in	<input type="checkbox"/>
Dance	<input type="checkbox"/>
Do yoga	<input type="checkbox"/>
Go for a bike ride	<input type="checkbox"/>
Take a nap	<input type="checkbox"/>
Do something for your personal hygiene	<input type="checkbox"/>

Psychological Self-Care

Keep a journal	<input type="checkbox"/>
Draw	<input type="checkbox"/>
Attend therapy	<input type="checkbox"/>
Read a self-help book	<input type="checkbox"/>
Practice positive affirmations	<input type="checkbox"/>
Practice asking for help	<input type="checkbox"/>
Take a nap	<input type="checkbox"/>
Challenge negative thinking	<input type="checkbox"/>
Practice saying 'no'	<input type="checkbox"/>
Change something in your routine	<input type="checkbox"/>
Listen to binaural tones	<input type="checkbox"/>
Read a book	<input type="checkbox"/>
Meditate	<input type="checkbox"/>
Listen to a podcast on mental health	<input type="checkbox"/>
Create a to-do-list to clear your mind	<input type="checkbox"/>
Unplug from technology	<input type="checkbox"/>
Develop an energising morning ritual	<input type="checkbox"/>
Join a support group	<input type="checkbox"/>

Emotional Self-Care

Talk about your thoughts & feelings
Unplug from technology
Practice self-compassion
Buy yourself a present
Do something that makes you happy
Draw
Try mindfulness
Start a journal
Do something nice for someone else
Change something in your routine
Practice positive affirmations
Clean something up
Find something that makes you laugh
Cuddle with someone (or a pet)
Breathe deeply
Create boundaries
Have a bath
Cry / Let your emotions out



Social Self-Care

Spend quality time with someone you love
Call friends & family
Ask for help
Talk to someone if you feel bad
Cuddle someone or something
Tell someone what you like about them
Have a picnic
Host a family / friends movie night
Cook dinner for someone
Bake something and give it away to others
Send a surprise care package to someone
Talk to a stranger
Meet new people
Start a new hobby
Join a club
Do something nice for someone else
Speak to someone you haven't spoken to in a while
Write a letter



Professional Self-Care

Delegate tasks	<input type="checkbox"/>
Learn something new	<input type="checkbox"/>
Make time to get to know new colleagues	<input type="checkbox"/>
Take a proper lunch break	<input type="checkbox"/>
Meditate in a break	<input type="checkbox"/>
Invest in a good desk chair	<input type="checkbox"/>
Take exercise breaks	<input type="checkbox"/>
Bring in a small plant for your desk	<input type="checkbox"/>
Get enough sleep	<input type="checkbox"/>
Bike to work, if you can	<input type="checkbox"/>
Communicate with your boss	<input type="checkbox"/>
Work on your posture	<input type="checkbox"/>
Order a lunch for the team	<input type="checkbox"/>
Discuss mental health at work	<input type="checkbox"/>
Set boundaries	<input type="checkbox"/>
Plan your next career move	<input type="checkbox"/>
Engage in professional development	<input type="checkbox"/>
Learn how to say no	<input type="checkbox"/>

Spiritual Self-Care

Spend time in nature
Walk barefoot
Meditate
Do yoga
Practice gratitude
Attend a church or spiritual community
Breathe deeply
Donate money to a charity
Pay mindful attention to something (e.g. your food)
Read some spiritual literature
Unplug from technology
Volunteer
Sit somewhere silent
Try Chanting
Clear your space
Practice forgiveness
Pray
Do a 10 minute body scan



Full Instructions

You can use this worksheet in two ways:

A) **Self-Care List:** Work your way through the lists, completing one self-care activity per day and ticking them off as you go.

Note: Try and alternate between areas, especially focusing on those that you most struggle with.

B) **Self-Care Jar:** Print the worksheet, take some scissors and cut out all the self-care activities. Put them in a jar and pull one out each morning. Aim to complete the self-care activity that day.

The Self-Care Jar involves a random draw of activities each day, making sure that you complete activities from different areas, including those that you may struggle with.

Note: You could write down your own activities and add them to that jar.