

## Self-Care Checklist: Nurture Your Mind, Body, and Soul

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### Introduction

Self-care is not a luxury; it's a necessity for overall well-being. This checklist is designed to help you prioritise self-care activities that nourish your mind, body, and soul.

### Emotional Self-Care

- Identify your current emotional state and acknowledge your feelings.
- Engage in deep breathing or a short meditation to centre yourself.
- Reach out to a friend or family member for a heart-to-heart conversation.

### Physical Self-Care

- Engage in at least 30 minutes of physical activity.
- Eat a balanced meal with plenty of fruits and vegetables.
- Get at least 7-8 hours of quality sleep.

### Mental Self-Care

- Take a break from social media and digital distractions.
- Engage in an activity that challenges your brain, like reading or puzzles.
- Practice mindfulness to stay present and reduce stress.

### Social Self-Care

- Set boundaries to protect your time and emotional well-being.
- Spend quality time with loved ones, even if it's a virtual catch-up.
- Engage in social activities that bring you joy and fulfilment.



### **Spiritual Self-Care**

- Spend time in nature to connect with the world around you.
- Engage in spiritual practices that resonate with you, like prayer or meditation.
- Reflect on your personal values and how you align with them.

### **Creative Self-Care**

- Dedicate time to a creative outlet like painting, writing, or cooking.
- Listen to music or podcasts that inspire and uplift you.
- Watch a movie or series that brings you joy and relaxation.

### **Sensory Self-Care**

- Light a scented candle or use essential oils for aromatherapy.
- Take a long bath or shower to relax your muscles.
- Enjoy a treat that engages your senses, like a favourite snack or drink.

### **Financial Self-Care**

- Review your budget and financial goals.
- Make a plan to save for something that brings you joy.
- Treat yourself within your budget, even if it's something small.

## **Final Thoughts**

Self-care is a holistic practice involving taking care of your different aspects. Use this checklist as a guide to create a self-care routine that works for you. Feel free to print this checklist or keep it on your device for easy access.

Here's to a happier, healthier you!

Happy Self-Care!