

SELF-CARE CHECKLIST

TAKE CARE OF YOUR BODY

- Take a hot shower
- Drink a full glass of water
- Make yourself a healthy snack
- Do some stretching exercises
- Wash and floss your teeth.
- Take a walk in nature
- Wear comfortable clothes
- Use hydrating cream
- Trim your nails
- Do your skin care routine.
- Try breathing techniques
- Practice sport you like
- Get medical care that is needed
- Get medical care for prevention
- Book an appointment for the dentist
- Meditate
- Make a smoothie

PRODUCTIVE

- Tidy your room
- Do the dishes
- Make your bed
- Do a closet cleaning
- Do your laundry
- Flip your mattress
- Wash your bedsheets
- Wash your towels
- Go grocery shopping
- Do a social media declutter
- Pay your bills
- Cancel subscriptions you don't need