

# Self-Care Checklist

How often do you practice each of the self-care habits listed below:

**3 = Daily/Almost Daily**

**2 = Occasionally**

**1 = Once in a While**

**0 = Never**

- Engage in physical activity at least 3x/week
- Get 7-9 hours of sleep each night
- Seek medical care when needed and able
- Stay home and rest when sick
- Eat healthy food
- Practice mindful eating (avoid multitasking when eating, avoid overindulging)
  
- Talk to friends/family when you are stressed or need support
- Keep in touch with important people in your life
- Share your feelings with others
- Actively seek feedback
- Ask for and/or accept help and support from others
- Forgive yourself for mistakes and allow others to see your imperfections
  
- Know your strengths & incorporate them into your life/work/
- Accept compliments and celebrate your accomplishments
- Try to learn new things
- Occasionally step outside your comfort zone
- Set limits for you to avoid exhaustion/extreme stress & say no when you need/want to
- Give yourself adequate time to complete
  
- Make time for play
- Let yourself do nothing
- Spend time alone
- Take breaks from answering emails, texts, and other technology
- Make time for reflection or meditation
- Spend time on things that are important to you (hobbies, favorite activities, pets, etc.)
- Write in a journal
- Engage in spiritual practices