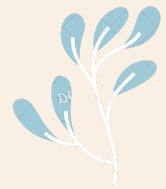




# Self care CHECK-IN



## Physical care

- ☐ I drink enough water (2-3L/day)
- ☐ I eat regular meals
- ☐ I eat regular snacks
- ☐ I have restful, plentiful sleep
- ☐ I move my body often
- ☐ I clean my body often
- ☐ I take time off when I'm unwell

## Relationships

- ☐ I feel supported by my friends & family
- ☐ I feel heard
- ☐ I tell people my opinions
- ☐ I practice good communication
- ☐ People respect it when I say no
- ☐ I make time to spend with others
- ☐ I have someone I can speak to when I'm upset

## Self-compassion

- ☐ I don't trash talk myself
- ☐ I allow myself to feel my feelings
- ☐ I feel purpose in my life
- ☐ I accept my body
- ☐ I use positive coping tools when I need them, eg deep breathing, meditation, affirmations
- ☐ I can write down 100 things I like about myself (non-appearance based)

## Mindful relaxation

- ☐ I do something intellectual most days to relax eg reading, crossword
- ☐ I do creative things eg drawing
- ☐ I listen to things to relax eg music
- ☐ I watch films, TV, art to relax
- ☐ I connect with my body to relax eg yin yoga, meditation



