

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 communitcation
- 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



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Structure
My home is tidy & welcoming
My home feels safe
I maintain a manageable schedule
I have boundaries btween work & home
I have full days off thinking about work
My work area is tidy & organised
I have things at home to relax eg bath, TV, cosy bedroom

I read/watch things that make me feel connected to things other than myself I use a journal to reflect on my experiences/emotions often eg weekly I often "brain dump" eg most days to clear my mind I reflect on my work experiences eg learning new skills I know my values and make decisions based on these (if not: google ACT values)

Emotional health
I can label my emotions with specifics, rather than "good", "bad", "sad"
I take pauses between processing and responding (most of the time)
My mental health is good/ok, if not I'm seeking out help
I can speak to people about how you feel
You feel like you're doing the best you can

V	That can you add from these options?



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Add your own

