

## Self-Care Checklist: How well am I taking care of myself?

### ADEQUATE SLEEP

How many hours of sleep a night do I get?

What am I doing that hinders me from getting at least 6-8 hours of sleep?

### PROPER NUTRITION

How do I feel before, after and while I eat?

What could I change in my eating habits that could benefit me?

### REGULAR EXERCISE

How many times a week do I exercise?

What is one thing I could do to include exercise more into my weekly/daily routine?

### MAINTAIN SOCIAL SUPPORT

Who do I consider to be close friends (these can include family members)?

What can I do to let my close friends know how important they are to me?

### HOBBIES

What do I enjoy doing in my "down time"?

What can I do to make time for the things that I enjoy?

### PAMPER YOURSELF

What are activities that relax me?

What can I do to make time for these activities on a weekly basis?

### KEEP YOUR MIND SHARP

What am I currently doing that challenge my mind (e.g. Sudoku, crosswords, playing an instrument)?

What is something new I can do that can challenge my mind in a different way?

### PROCESS YOUR EMOTIONS

What are difficult emotions for me to express? Easier? Why?

What are healthy ways I express these emotions? Unhealthy ways?

### RELIGIOUS OR SPIRITUAL PRACTICES

What are my religious or spiritual practices?

What can I do to incorporate those practices more in my daily life?

### SOOTHING

How do I alleviate overwhelming emotions? What ways have proven effective or ineffective?

When are times I have needed to or may need to soothe?