

Daily Self-Care Checklist

Mind

- Take 10 minutes to meditate or breathe deeply
- Limit screen time and take regular breaks
- Write down 3 things you're grateful for

Body

- Drink at least 6–8 glasses of water
- Move your body (walk, stretch, dance, etc.)
- Eat at least one healthy meal

Emotions

- Talk to a friend or loved one
- Say "no" to something that drains you
- Do something that brings you joy

Rest

- Get 7–9 hours of sleep
- Unplug from devices 1 hour before bed
- Take a short nap or rest if needed