Self-Care Checklist

Morning Self-Care Routine

- [ ] Wake up without immediately looking at your phone.
- [ ] Drink a glass of water to rehydrate your body.
- [ ] Stretch or exercise lightly.
- [ ] Practice five minutes of mindfulness to cultivate a sense of calm.
- [ ] Prepare and eat a healthy breakfast to have energy for the day.
- [ ] Practice personal hygiene by brushing your teeth and showering.
- [ ] Set your goals for the day.

Night Self-Care Routine

- [ ] Disconnect from electronic devices so your body can wind down.
- [ ] Practice relaxation techniques such as breathing orgentle stretching.
- [ ] Create arelaxing environment in your bedroom.
- [ ] Avoid heavy meals and caffeine as theycan interfere with your sleep.
- [ ] Practice personal hygiene and changing into comfortable clothes.
- [ ] Journal, read a relaxing book, or apply your skin care routine.
- [ ] Set your goals for the next day.

Mental Self-Care

- [ ] Read a book.
- [ ] Spend time outdoors.
- [ ] Reduce screen time after 9 PM.
- [ ] Limit exposure to social media or negative news.