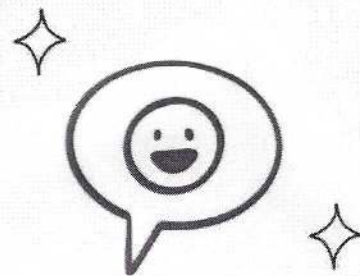


self-care checklist!



- | | |
|--|---|
| <input type="checkbox"/> Stretch | <input type="checkbox"/> Read |
| <input type="checkbox"/> Complete an at home workout | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Get 8 hours of sleep | <input type="checkbox"/> Sit outside |
| <input type="checkbox"/> Brush and/or style your hair | <input type="checkbox"/> Chat with a friend |
| <input type="checkbox"/> Drink a full glass of water | <input type="checkbox"/> Have fun with family |
| <input type="checkbox"/> List 3 things you're grateful for | |
| <input type="checkbox"/> Learn something new | |
| <input type="checkbox"/> Take a shower or bath | |
| <input type="checkbox"/> Eat a fruit or vegetable with each meal all day | |

Try to complete 3 things on this checklist every week!



Wellbeing is about more than just physical health. Your *whole self* needs and deserves care. Self-care should include activities for your **body, mind, and soul**. Those parts of you are interconnected.