



Safer-At-Home Self-Care



Shower

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Eat Healthy Meals

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Have a Snack

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Drink Water

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Write 3 Things You are Grateful for

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Actually Call a Loved One (No Texting!)

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Tell someone you love them

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Get at least 10 minutes of Sun

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Do Something for Yourself! (read, play a game, take a nap, work on a puzzle, etc.)

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Do Something Active – Workout, Stretch, etc. (Min. 30 Minutes)

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Do Something to help your future self (prep for tomorrow's meals, study...)

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Clean or Organize at least one thing or room (floors, desk, kitchen, bathrooms...)

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Say out loud something you love about yourself

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Set at least one goal for tomorrow

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Set a Bedtime and Wake Time – stick to it!

