

Self Care Checklist



Do I need to see my doctor?

Anxiety

Depression

Insomnia

Other



Am I getting enough sleep?

Bedtime routines

Evening activities to reduce stress

Managing anxiety

Remember sleep is essential!



Am I eating well?

Regular meals

Healthy food

Comfort food only in moderation

Calm dining environment



Am I exercising enough?

Increase exercise to counteract stress

Choose activities that provide fun

Make a weekly schedule



Am I relying on routines to see me through?

Daily and weekly routines

Dining and shopping routines

Remember routines can provide strength during hard times