

SELF-CARE CHECKLIST



EXERCISE CREATIVITY

- ☐ craft a new piece of jewelry
- ☐ color
- ☐ paint

EMBRACE FRESH AIR

- ☐ take Iris to the park
- ☐ go on an afternoon walk
- ☐ set up/tend to the patio garden

LEARN

- ☐ read a few chapters in a book
- ☐ listen to a relevant, informative podcast
- ☐ read and reflect on daily devotions/meditations

PROCESS EMOTIONS

- ☐ take time each week to journal thoughts and feelings
- ☐ maintain a “small victories” journal highlighting positive experiences/case outcomes
- ☐ meditate

STAY CONNECTED

- ☐ call a friend/family member to catch up
- ☐ participate in a weekly facetime with my sisters
- ☐ take a road trip with Zach and Iris
- ☐ go out to dinner with Zach
- ☐ spend a day downtown with a friend

