

# 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

