

# Basic Self-Care Checklist

## HYGIENE

- BRUSH TEETH
- WASH FACE
- CHANGE UNDIES
- PUT ON CLEAN CLOTHES

## GET OFFLINE

- READ A BOOK
- GO OUTSIDE
- MEDITATE
- MAKE ART

## MOVE

- TAKE A WALK OR ROLL
- GENTLE STRETCHES
- MAKE YOUR OWN DANCE PARTY

## NOURISH

- EAT MEALS CONTAINING PROTEIN, FAT & CARBS
- NO SKIPPING MEALS
- HYDRATE WITH WATER
- TRY NEW RECIPES

## CONNECT

- CALL A FRIEND
- JOIN AN ONLINE GROUP
- NETFLIX PARTY
- SKYPE FRIENDS & FAMILY
- TOUCH A TREE OR PLANT
- TUNE INTO YOUR BREATH
- WRITE LETTERS
- SNUGGLE A PERSON, PET OR STUFFED ANIMAL