

Self-Care Checklist for Beginners

Daily Self-Care Activities:

Morning Ritual:

- ☐ Start your day with 1-2 minutes of deep breathing or stretching.
- ☐ Set a positive intention for the day.

Hydration:

- ☐ Drink at least one glass of water in the morning.
- ☐ Aim for 6-8 glasses of water throughout the day.

Balanced Meals:

- ☐ Eat at least one fruit or vegetable with each meal.
- ☐ Try to include protein and whole grains in your meals.

Physical Movement:

- ☐ Take a 10-15 minute walk or do a short exercise routine.
- ☐ Incorporate light stretching or yoga.

Breaks and Relaxation:

- ☐ Take a 5-minute break every hour to stretch or walk.
- ☐ Dedicate 10-15 minutes to a relaxing activity, like reading or listening to music.

Evening Wind-Down:

- ☐ Create a calming bedtime routine, such as reading or taking a warm bath.
- ☐ Avoid screens (phones, tablets) at least 30 minutes before bed.

Weekly Self-Care Activities:

Self-Reflection:

- ☐ Spend 5-10 minutes reflecting on your week. What went well? What challenges did you face?

Self-Care Activity:

- ☐ Choose one enjoyable activity each week, like a hobby, craft, or exploring a new interest.

Social Connection:

- ☐ Reach out to a friend or family member for a call or a quick chat.

Outdoor Time:

- ☐ Spend at least 30 minutes outside, whether it's a walk in the park or sitting in your garden.

Monthly Self-Care Activities:

Personal Check-In:

- ☐ Review your self-care activities and adjust as needed. What is working? What could be improved?

Physical Health:

- ☐ Schedule a basic health check-up or dental appointment, if needed.

Home Environment:

- ☐ Declutter a small area in your home to create a more organized and calming space.

Learn and Grow:

- ☐ Explore a new skill or take a short class online related to your interests.

Tips for Using the Checklist:

Start Small: Begin with a few activities and gradually add more as you build your self-care routine.

Be Flexible: Adjust the checklist based on your preferences and lifestyle.

Celebrate Progress: Acknowledge and celebrate your efforts and any positive changes.

This checklist is designed to be a simple starting point for incorporating self-care into your daily life, promoting overall well-being and balance.