### PHYSICAL SELF-CARE ACTIVITIES
- Get 7-8 Hours of sleep each night.
- Drink plenty of water each day.
- Take a walk.
- Stretch or do yoga.
- Eat fruits and vegetables.
- Shower and comb hair.
- Floss and brush teeth.
- Make bed.
- Prepare a meal (no matter how simple.)
- Wash clothes.

### MENTAL SELF-CARE ACTIVITIES
- Take all medications.
- Meditate for 5 minutes.
- Write down your goals. Work on one of them.
- Write in a journal.
- Do some adult coloring.
- Download a Mental Health App on your phone.
- Do a puzzle (jigsaw, sudoku, crossword.)
- Do some deep-breathing.
- Use essential oils (lavender, peppermint)
- Learn about and practice a coping skill.

### EMOTIONAL SELF-CARE ACTIVITIES
- Call, text, or email a friend.
- Read or listen to a book.
- Listen to an interesting Podcast episode.
- Listen to music and dance around the room.
- Take a course on Udemy and learn a new skill.
- Join a support group (online or in-person)
- Take an Epsom Salt bath.
- Watch or attend a Comedy Show.
- Create or recite positive affirmations.
- Make a list of commitments and “quit” one.
# Daily Self-Care Activities Checklist

**PHYSICAL SELF-CARE ACTIVITIES**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MENTAL SELF-CARE ACTIVITIES**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EMOTIONAL SELF-CARE ACTIVITIES**

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
My 3 Things for Today

(DAILY SELF-CARE ACTIVITIES)

DATE:_________

☐ ____________________________

☐ ____________________________

☐ ____________________________

DATE:_________

☐ ____________________________

☐ ____________________________

☐ ____________________________

DATE:_________

☐ ____________________________

☐ ____________________________

☐ ____________________________

ChronicIllnessWarriorLife.com