

SELF-CARE CHECKLIST

NAME	DATE	
PHYSICAL HEALTH	CHECK	COMMENT
EXERCISE REGULARLY (AT LEAST 30 MINUTES A DAY)		
EAT NUTRITIOUS MEALS		
STAY HYDRATED		
GET 7-9 HOURS OF SLEEP		
MENTAL HEALTH	CHECK	COMMENT
PRACTICE MINDFULNESS OR MEDITATION DAILY		
SET REALISTIC GOALS AND CELEBRATE SMALL ACHIEVEMENTS		
ENGAGE IN ACTIVITIES THAT BRING JOY AND RELAXATION		
SOCIAL CONNECTIONS		
STAY CONNECTED WITH SUPPORTIVE FRIENDS AND FAMILY		
PARTICIPATE IN SOCIAL ACTIVITIES AND HOBBIES		
JOIN SUPPORT GROUPS OR COMMUNITY ACTIVITIES		

BALANCE AND BOUNDARIES	CHECK	COMMENT
MAINTAIN A BALANCED ROUTINE		
AVOID OVERCOMMITTING AND RECOGNIZE YOUR LIMITS		
SET AND RESPECT PERSONAL BOUNDARIES		
PROFESSIONAL HELP	CHECK	COMMENT
SEEK PROFESSIONAL HELP IF NEEDED		
ATTEND REGULAR THERAPY SESSIONS		

DON'T FORGET TO TAKE CARE OF YOURSELF AS YOU CARE FOR OTHERS! USE THE COMPREHENSIVE SELF-CARE CHECKLIST INCLUDED AS A BONUS RESOURCE TO INTEGRATE SELF-CARE PRACTICES INTO YOUR DAILY ROUTINE. THIS TOOL IS DESIGNED TO HELP YOU MANAGE STRESS, MAINTAIN YOUR WELL-BEING, AND PREVENT BURNOUT. PRIORITIZE SELF-CARE TO SUSTAIN YOUR CAPACITY TO SUPPORT CLIENTS EFFECTIVELY.