

# Weekly SELF-CARE CHECKLIST



## BODY

- Head hygiene (face, hair, scalp, neck, mouth/teeth, ears, etc.)
- Body hygiene (bath, shower, shave, moisturize, exfoliate, etc.)
- Diet (regular/consistent nutritional intake: food, water intake)
- Medications (taking as prescribed/routine)
- sleep (consistent routine, set wake/sleep time, 6+ hours, feel rested, etc.)
- Was/dry clothes, take out of dryer, organize (remove from hamper, organize, hang, etc.)
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## ENVIRONMENT

- Clean the toilet, including the bowl, seat, and lid.
- Clean the shower or bathtub, including the walls, and door
- Wipe down all countertops, shelves, and mirrors in one room.
- Sweep or vacuum the floor, and mop the floor in one room.
- Clean the sink, fill or empty the dishwasher, put up dishes.
- Change bedding, put into washer/dryer, fold for next week.
- Tidy one room.
- Clean out old items in the fridge/pantry.
- Empty trash, take trash out.
- Dust in one room.
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## MIND

- Journal
- Gratitude
- Mindfulness or Meditation
- Down time (no scheduled activities, tasks, expectations, etc.)
- Learning
- Planning
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## SPIRIT

- Time outside
- Time in nature (green spaces, parks, hiking, rivers, lakes, etc.)
- Mantras, scripture, reflections, etc.
- Community/dialog with others with similar/supporting beliefs
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## MOVEMENT

- Mindful movement (yoga, tai chi, qi gong, walking, etc.)
- Weight bearing exercises
- Interval exercise (cardiovascular)
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Circle which tasks you complete in a list with more than one option.

