

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.)
- ☐ Wash/dry clothes, take out of dryer, organize (remove from hamper, organize, hang, etc.)
- ☐ -----
- ☐ -----
- ☐ -----

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.
- ☐ -----
- ☐ -----
- ☐ -----

MIND

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

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
- ☐ -----
- ☐ -----
- ☐ -----

MOVEMENT

- ☐ Mindful movement (yoga, tai chi, qi gong, walking, etc.)
- ☐ Weight bearing exercises
- ☐ Interval exercise (cardiovascular)
- ☐ -----
- ☐ -----
- ☐ -----

Circle which tasks you complete in a list with more than one option.



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