

Self-Care Checklist

Mark the self-care behaviours you engaged in each day

Day							
I engaged in exercise							
I ate healthy and nutritious foods							
I slept well							
I did not excessively use electronic devices							
I engaged in some soothing and pleasurable activities							
I smiled and laughed about something							
I interacted with positive people							
I caught my mind creating negative stories and then focused on something else							
I took my mood-supporting supplements							
I spent time outdoors							
I practiced some relaxation and/or meditation							
I engaged in acts of kindness to others							
I listed 5 things I was grateful for							
I did not spend excess time watching, reading, or talking about the virus							
I spent time reading, watching, or listening about positive and uplifting messages							