

## List:

# The Basics of Self Care

Maintaining your physical and mental health helps you build resilience and manage stress. Here is a list of ideas and activities you can use to take care of yourself - even if it's only the basics.

### Basic

- ☐ 7 - 9 hours of sleep at night
- ☐ Drink water
- ☐ Eat a meal
- ☐ Get fresh air
- ☐ Washing up/brushing up

### Emotional

- ☐ Buy something that makes you feel good
- ☐ Call a family member
- ☐ Connect with friends
- ☐ Do something for someone else
- ☐ Do something you love to do
- ☐ Give thanks
- ☐ Talk to a friend

### Mental or Activities

- ☐ Declutter your desk or room
- ☐ Give yourself credit
- ☐ Listen to a podcast
- ☐ Read for 15 minutes
- ☐ Read inspirational quotes
- ☐ Set a daily goal for a week

- ☐ Spend a day social media free
- ☐ Take a 30-min nap
- ☐ Unplug
- ☐ Warm Bath
- ☐ Watch a movie or show
- ☐ Write in a journal

### Physical Activities

- ☐ Cook your favorite food
- ☐ Dance or music
- ☐ Go for a walk
- ☐ Meditate
- ☐ Move your body

- ☐ Notice your breath
- ☐ Plan a fun day out
- ☐ Practice deep breathing
- ☐ Start a new hobby
- ☐ Stretch for 10-15 minutes

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