

# Self-Care Checklist

1. USE THE IDEAS LISTED HERE OR WRITE IN YOUR OWN
2. FIND TIME TO PUT THEM INTO PRACTICE

## The What

Take a hot bath with epsom salts

Take a walk with a friend

Take a walk alone

Indulge in a favorite holiday coffee or tea

Get a massage

Get a manicure/pedicure

## The When

---

---

---

---

---

---

---

---

---

---

