

Self-Care Checklist: Check the self-care practices you use. Scan the list for some new ways to care for yourself. In the future, aim for diversity and frequency in self-care; it's best for your health!		
Physical		
<ul style="list-style-type: none"> — Exercise regularly — Rest during the day — Sleep 7-8 hours at night — Eat a balanced diet — Limit “junk food” — Drink eight glasses of water daily 	<ul style="list-style-type: none"> — Maintain weight in desired range — Limit alcohol consumption — Do not smoke — Use medications as prescribed — Visit physician for check-ups — Practice yoga 	<ul style="list-style-type: none"> — Practice the relaxation response — Groom yourself – manicure, facial, haircut, shave, etc. — Get a massage — Receive chiropractic care — Practice Reiki — Engage in outdoor activities
Emotional		
<ul style="list-style-type: none"> — Allow yourself to feel emotions — Appropriately & respectfully express emotions — Work off anger with physical exercise — Say “no” when you want or need to — Ask directly for what you want 	<ul style="list-style-type: none"> — Cry — Laugh — Resolve conflicts — Nurture yourself — Don't take things too seriously 	
Mental		
<ul style="list-style-type: none"> — Ask questions — Accept ambiguity — Read — Take risks — Practice guided imagery 	<ul style="list-style-type: none"> — Daydream — Learn something new — Consider different viewpoints — Read self-help books — Use visualization or affirmation 	<ul style="list-style-type: none"> — Relabel unpleasant situations — Develop plans — Think optimistically — Use helpful web-based resources — Take responsibility for yourself/your life
Social		
<ul style="list-style-type: none"> — Develop and use support systems — Talk with friends and family — Take time off — Go on vacation — Rehabilitate or end unsatisfactory relationships — Limit TV viewing — Engage in a creative pastime or hobby 	<ul style="list-style-type: none"> — Read humorous books/watch humorous shows — Socialize with others — Enjoy intimacy or sex — Play — Spend time alone — Treat yourself to something enjoyable: new clothes, CD's, magazine, etc. — Engage in volunteer activities 	
Spiritual		
<ul style="list-style-type: none"> — Pray or meditate — Commune with nature — “Let go” of unsolvable problems 	<ul style="list-style-type: none"> — Attend worship services — Read inspirational prose or poetry — Appreciate the beauty of art or music 	<ul style="list-style-type: none"> — Take one day at a time — Clarify your values and beliefs — Acknowledge your self-worth
Occupational: Employment and/or Caregiving Work		
<ul style="list-style-type: none"> — Learn new skills — Pace yourself — Balance involvement and detachment — Seek respite-daily, periodic, short term, or vacations — Get organized — Take breaks — Do your best and let go of the rest 	<ul style="list-style-type: none"> — Share responsibilities with others — Let others sometimes do a stressful/difficult task — Beautify your environment — Acknowledge the good you do — Leave work at work — Develop good relationships with co-workers — Open yourself to change — Use Employee Assistance Program/your employer's helpful resources 	
Problem Solving Action		
<ul style="list-style-type: none"> — Effectively manage time — Assertively communicate with others — Negotiate with others for desired outcomes — Constructively resolve conflict — Create a comfortable home 	<ul style="list-style-type: none"> — Learn new information or life skills — Change dysfunctional/self-defeating behaviors — Clarify or resolve misunderstandings — Budget and wisely manage finances — Keep possessions in good working order 	