



SELF-CARE CHECKLIST



Get 7-9 hours of sleep

Sleep allows your body to recover and self-restore. Having issues? Sleep masks, magnesium and melatonin are great tricks to get higher quality sleep.



Keep a schedule

Having a schedule helps you feel accomplished and adds meaningful structure to your day. Google Calendar is great for keeping track of the entire family's activities.



Eat healthy foods

Foods like fish, eggs, pumpkin seeds, dark chocolate and chamomile lower stress and anxiety. Processed foods and sugary foods make you feel sluggish and tired.



Find relaxing activities

What feels like "me time" to you? Here are some suggestions: read, listen to a podcast, take an epsom salt bath, meditate, paint



Exercise regularly

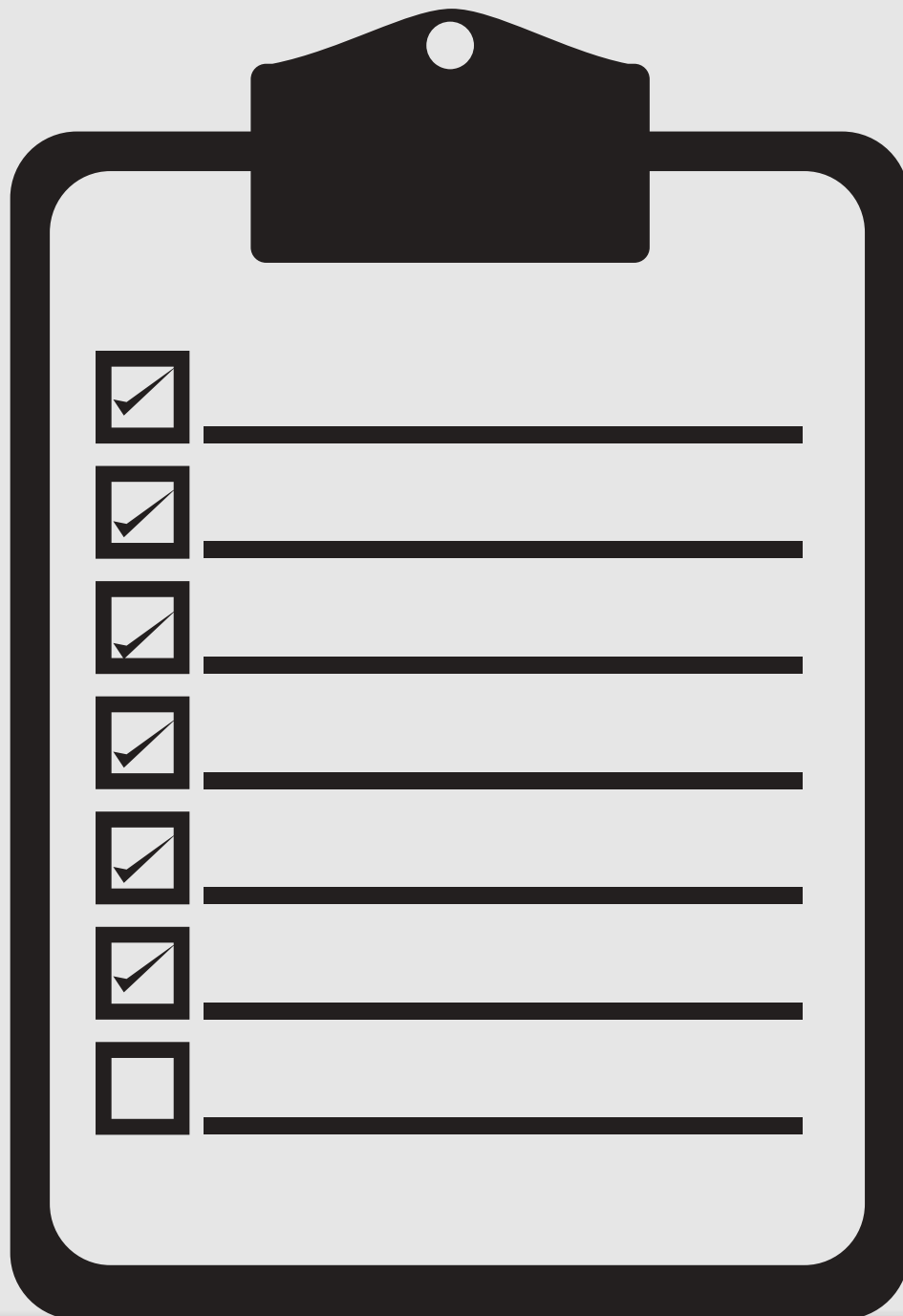
Exercise releases endorphins, the feel-good neurotransmitters of the brain. Improve your mood and your health, all in one.



Get vitamin D

We get vitamin D from the sun so take a walk each day for fresh air, exercise and vitamin D. Chances are you'll boost your mood, as well.

**What self-care activities
are you going to add?**



A clipboard icon with a checklist of seven items. The first six items have checkboxes with checkmarks, and the seventh has an empty checkbox. Each item has a horizontal line for writing.

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