



The Self-Care Checklist We Could All Do With This Year

Most people are only gentle with themselves when they're under the weather. The way we would like you to be thinking about self-care though, is a little different...

Self-care needs to be practised even when the sun is shining (not just when we're under the weather) so that you're in the best position possible when the next storm brews.

Here is our idea of the elements of self-care you could start integrating into your practise so that you're prepared for the next rainy day:

Self-care for the body

- Eat healthy food
- Personal hygiene
- Get my heart-rate up
- Wear clothes that help me feel good about myself
- Get enough sleep
- Going to my health-care appointments (e.g., check-ups and teeth cleanings)
- Rest when I'm sick

Psychological and Emotional self-care

- Have hobbies (and do them)
- Make time to get away from distractions like my phone and emails
- Learn new things
- Express my feelings in a variety of ways
- Acknowledge my achievements
- Go on trips out of town
- Find reasons to laugh
- Talk about my problems
- Have a tool-kit of self-soothing or comforting activities (like re-watching a favourite movie or taking a warm bath)
- Treat/talk to myself with compassion and understanding (the way I would with a friend)

Social self-care

- Spend time around people I like
- Call or message friends or family who are far away
- Have stimulating conversations that require my full attention
- Meet new people
- Spend time with my family

- Ask others for help
- Share enjoyable activities with other people
- Keep in touch with old friends
- Have friendships/relationships with people of a diverse range of ages

Self-care for the soul and spirit

- Spend time in nature
- Meditate
- Engage in my faith/religion's practices
- Recognise the things that give meaning to my life
- Act in accordance with my morals and values
- Set aside time to reflect and think about my life
- Participate in a cause that is important to me
- Appreciate art that is impactful to me (E.g., music, film, books)

Self-care at work

- Work on improving my professional skills
- Say no to excessive responsibilities without feeling guilty
- Take on projects that are interesting or rewarding
- Learn new things
- Make time to talk and build relationships with colleagues
- Take breaks during work
- Maintain balance between work and personal life
- Keep a comfortable workspace
- Advocate for fair pay, benefits and needs