



SELFCARE CHECKLIST

SOME WAYS YOU CAN TAKE TIME OUT FOR YOURSELF!

- Write a love letter to yourself and give yourself at least 2 compliments!
- Do your full skincare routine and treat yourself to a facial massage
- Go for a walk barefoot - feeling skin to earth can feel very grounding!
- Look up a breathwork demonstration and follow along
- Create a vision board - draw or print out things you love and are inspired and motivated by
- Focus on having 3L of water
- Switch off your phone and other devices 30mins before bed
- Do a full body stretch
- Follow along a guided meditation - as little as 5 minutes in silence can reduce built up stress and anxiety
- Read a new book - Make conversation and ask your friends and family for their recommendations!
- Light a candle and have a relaxing bath or warm shower
- Write down 3 things you are grateful for today
- Give a stranger a compliment
- Put on your favourite movie or TV show
- Go for a walk or run outside
- Turn on your favourite playlist and dance it out
- Change into your favourite comfy clothes or PJs
- Schedule a games night with your friends and plan some exciting games to play
- Get crafty - paint, draw or create something
- Schedule a day to explore in nature
- Get your heart rate up and do a 20 minute workout or sweat it out in a sauna