Daily Self-Care Questions

WHO DID I CHECK IN ON OR CONNECT WITH TODAY?
Talk with or spend time with a family member; text, call, FT, etc. with a friend or family member

HOW DID I GET OUTSIDE TODAY?
Take a walk, go for a hike, take any of my activities outside, sit outside and soak up some sun

HOW DID I MOVE MY BODY TODAY?
Walk, jog, hike, do yoga, put on music and dance, find an exercise class on youtube, do a TikTok dance, do yardwork or housework

HOW DID I TRY TO ENJOY MYSELF TODAY?
Read a book of my choice, listen to music, sing or make music, draw / color, find a craft, cook or bake something, play a board game with a family member, play a game online with a friend, watch a movie or a show

HOW DID I PRACTICE SELF-CARE TODAY?
Take a shower / bath, eat something nutritious, get enough sleep, go to bed at a good time, verbalize my needs, set healthy boundaries, limit intake of news and social media

WHAT EXPECTATIONS OF “NORMAL” AM I LETTING GO OF TODAY?
The world is not functioning “normally” right now so I need to be extra compassionate toward myself and allow for things to be different

WHAT AM I GRATEFUL FOR TODAY?
Even if it seems small or insignificant, thinking of what I am grateful for trains my mind to notice and pay attention to the positive. Over time, that will have a big impact on my mood.