QUARANTINE SELF-CARE CHECKLIST

Each day strive for at least 2-3 strategies under each category.
In which area(s) do you need more self-care today?

**PHYSICAL**
- Get enough sleep
- Stay hydrated
- Make healthy eating choices
- Limit alcohol
- Exercise
- Take frequent stretch breaks
- Be sexual
- Take care of medical needs
- Other:____________________

**EMOTIONAL/PSYCHOLOGICAL**
- Limit news/social media
- Practice asking for/receiving help
- Have virtual face-to-face contact with loved ones
- Snuggle with pet, kids, partner
- Journal
- Seek humor and joy
- Cook/bake
- Do crafts/projects
- Find non-COVID content to read/hear/watch
- Seek mental health support
- Other:__________________

**SPIRITUAL**
- Self-reflection
- Get outdoors
- Find spiritual community
- Meditate
- Dance
- Listen to music
- Sing, play an instrument
- Find inspiration
- Pray
- **Foster self-compassion**
- Other:______________

**PROFESSIONAL**
- Make time to eat
- Take frequent breaks
- Set boundaries
- Get support of colleagues
- Attempt to separate work time/family time
- Other:______________

Inspired by and adapted from: “Self-Care Assessment Worksheet”, from Transforming the Pain: A Workbook on Vicarious Traumatization.