

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: _____