

self-care Quarantine checklist

**CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.**

- EAT THREE MAIN MEALS IF YOU CAN.
- UNPLUG FROM SOCIAL MEDIA AND NEWS FOR SEVERAL HOURS.
- MEDITATE OR PRAY FOR 20 MIN.
- LIGHT AN AROMATIC CANDLE
- DO A GRATITUDE LIST
- DRINK WATER!!!
- LISTEN TO GOOD MUSIC
- EXERCISE. JUST DANCE A LITTLE!
- CHECK IN ON A FRIEND OR COWORKER
- CALL A FAMILY MEMBER
- SPEND TIME OUTDOORS. IF YOU CAN.
- TAKE A NAP
- WATCH SOME UPLIFTING MOVIES
- TRY SOMETHING NEW
- READ A BOOK OR PLAY GAMES

Make it a habit to take care of yourself