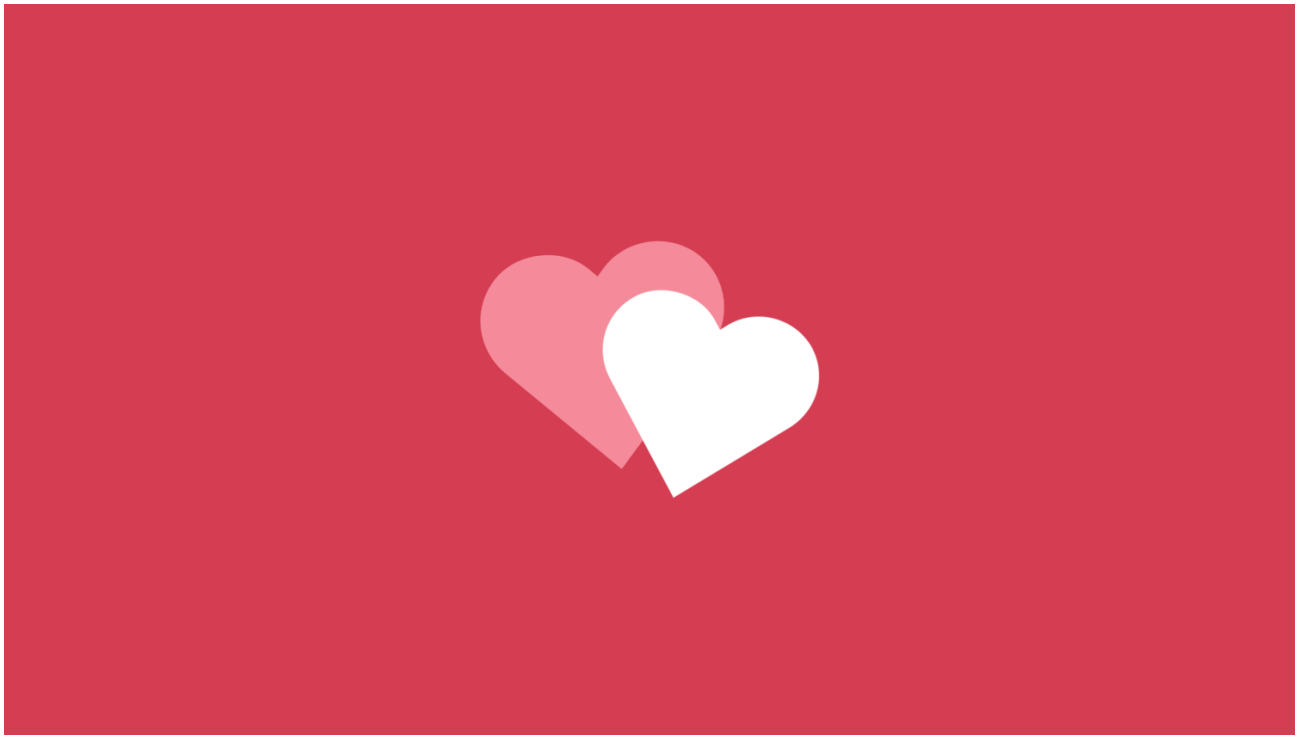
SELF - CARE CHECKLIST

This post is both a reminder to myself, and a shout out for anybody who is having a bit of a rubbish day. Balance out the stress with a bit of self-care.



- [ ] Drink a glass of water
- [ ] Eat a snack (or a meal)
- [ ] Do 10 minutes of stretching and self-massage
- [ ] Hug someone (or play with a pet)
- [ ] Have a shower
- [ ] Meditate (or nap)
- [ ] Do some free-form writing or journaling
- [ ] Go for a gentle walk (to somewhere green)
- [ ] Do something nice for someone else
- [ ] Exercise

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