

Tabodoir™

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SELF-CARE CHECKLIST

Physical

- Prioritize sleep
- Eat nourishing food
- Adequate hydration
- Joyful movement
- Stretching
- Fresh air
- Personal hygiene routine
- Manicure/pedicure
- Wash my face
- Get dressed
- Enjoy dessert!

Mental

- Do a puzzle
- Brainstorm
- Step away from screens
- Tidy personal living space
- Read a book
- Learn a new skill
- Develop talents or hobbies
- Listen to a podcast
- Rest/power nap

Emotional

- Daily affirmations
- Self-kindness and forgiveness
- Have a good cry
- Connect with a friend
- Limit time on social media
- Deep breathing & mindfulness
- Snuggle with a pet
- Do something nice for someone
- Ask for help when needed
- Respect own boundaries and bandwidth by saying "no"

Spiritual

- Journal writing
- Express gratitude
- Connect with nature
- Pray or meditate
- Sit quietly
- Write a letter
- Read religious or spiritual text
- Listen to peaceful music or sounds



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Notes:

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