



15 Minutes a Day



This checklist is a good starting point for incorporating daily self-care activities into your routine.

## Physical Self-Care

- Eat something healthy (e.g. a fruit)
- Exercise
- Take a bath
- Do Yoga
- Drink enough water
- Take time off
- Take a walk
- Go to bed on time
- Take a long shower
- Do something for your personal hygiene
- Take a lunch break
- Start stretching
- Go hiking
- Sleep in
- Dance
- Get a massage
- Go for a bike ride
- Take a nap

## Psychological Self-Care

- Keep a journal
- Draw
- Attend therapy
- Read a self-help book
- Practice positive affirmations
- Practice asking for help
- Take a nap
- Challenge negative thinking
- Practice saying 'no'
- Change something in your routine
- Listen to binaural tones
- Read a book
- Meditate
- Listen to a podcast on mental health
- Create a to-do-list to clear your mind
- Unplug from technology
- Develop an energising morning ritual
- Join a support group

## Emotional Self-Care

- Talk about your thoughts & feelings
- Unplug from technology
- Practice self-compassion
- Buy yourself a present
- Do something that makes you happy
- Draw
- Try mindfulness
- Start a journal
- Do something nice for someone else
- Change something in your routine
- Practice positive affirmations
- Clean something up
- Find something that makes you laugh
- Cuddle with someone (or a pet)
- Breathe deeply
- Create boundaries
- Have a bath
- Cry / Let your emotions out

## Social Self-Care

- Call friends & family
- Ask for help
- Talk to someone if you feel bad
- Cuddle someone or something
- Have a picnic
- Host a family / friends movie night
- Do something nice for someone else
- Tell someone what you like about them
- Send a surprise care package to someone
- Bake something and give it away to others
- Spend quality time with someone you love
- Speak to someone you haven't spoken to in a while
- Cook dinner for someone
- Talk to a stranger
- Meet new people
- Start a new hobby
- Join a club
- Write a letter

## Professional Self-Care

- Delegate tasks
- Learn something new
- Take a proper lunch break
- Meditate in a break
- Invest in a good desk chair
- Take exercise breaks
- Bring in a small plant for your desk
- Get enough sleep
- Bike to work, if you can
- Make time to get to know new colleagues
- Communicate with your boss
- Work on your posture
- Order a lunch for the team
- Discuss mental health at work
- Set boundaries
- Plan your next career move
- Engage in professional development
- Learn how to say no

## Spiritual Self-Care

- Spend time in nature
- Walk barefoot
- Meditate
- Do yoga
- Practice gratitude
- Breathe deeply
- Donate money to a charity
- Read some spiritual literature
- Pay mindful attention to something (e.g. your food)
- Attend a church or spiritual community
- Unplug from technology
- Volunteer
- Sit somewhere silent
- Try Chanting
- Clear your space
- Practice forgiveness
- Pray
- Do a 10 minute body scan

You can use this worksheet in two ways:

- A. **Self-Care List:** Work your way through the lists, completing one selfcare activity per day and ticking them off as you go.

*Note: Try and alternate between areas, especially focusing on those that you most struggle with.*

- B. **Self-Care Jar:** Print the worksheet, take some scissors and cut out all the self-care activities. Put them in a jar and pull one out each morning. Aim to complete the self-care activity that day.

The Self-Care Jar involves a random draw of activities each day, making sure that you complete activities from different areas, including those that you may struggle with.

*Note: You could write down your own activities and add them to that jar.*