



BALANCED SELF-CARE IS NOBLE

Using this checklist, mark where you are mindful and note any areas where you can add and practice more self care.

PHYSICAL -

- Eat often to fuel your body
- Eat a healthy balanced diet
- Exercising at least 3 x week
- Resting when your body feels tired
- Get massages or other body work
- Get regular health check-ups
- Get physical daily (dance, swim, walk, run, play sports, etc.)
- Get enough sleep
- Stay hydrated with water
- Bathe, Shower, Groom
- Care for your gut health
- Any others :

MENTAL -

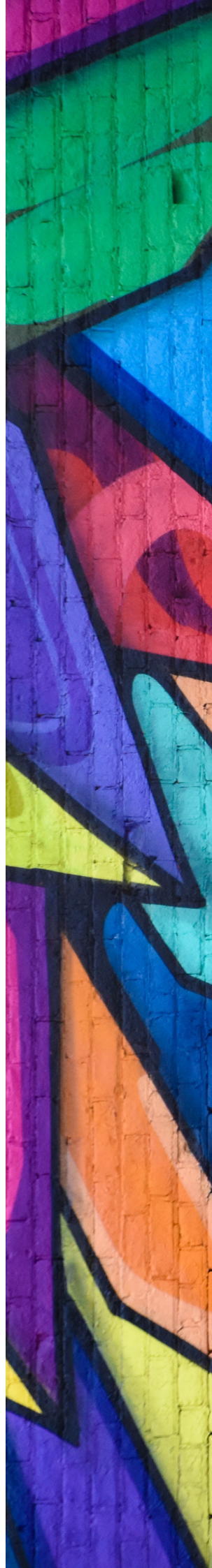
- Write in a journal
- Read for self-expansion or enjoyment
- Spend quiet time alone, self-reflecting
- Try something new
- Identify and decrease mental stress
- Work with a coach, therapist, mentor
- Be mindful of negative self-talk
- Listen to music
- Listen to a podcast
- Address toxic relationships
- Unplug from electronics
- Practice breathing techniques
- Any others :

EMOTIONAL-

- Spend time connecting with others
- Practice self-love & acceptance
- Praise or affirm yourself
- Allow yourself to release emotions
- Seek comforting activities, objects, relationships, & places
- Know your triggers
- Use your voice to express perspectives
- Set and keep boundaries
- Put your needs first
- Protect your energy
- Any others :

SPIRITUAL -

- Connect to like-minded community
- Spend time in nature
- Notice nonmaterial aspects of life
- Be open to inspiration & faith
- Cleanse your space energetically
- Practice forgiveness of self and others
- Explore the unknown
- Meditate or practice yoga
- Trust & believe in a higher power
- Sit or lie in silence
- Serve others
- Read/listen to inspirational literature
- Pray





**KNOW
YOURSELF**



BE PRESENT AND FIND BALANCE

The following are suggestions to learn what self-care practices are best for you to balance your **BODY, MIND, and SOUL.**



MIND

- Start a gratitude journal
- Set an intention for your day
- Write positive affirmations
- Do a digital detox
- Get creative - draw, write, paint, make something
- Start a project - reorganize your closet, paint a room, clear out your closet & donate
- Try something new
- Attend a sound bath
- Write a list of your accomplishments
- Read a book
- Listen to healing frequencies
- Express your feelings & needs
- Sit in quiet and stillness
- Develop a mediation practice

SCENERY

- Play out in nature
- Organize & create a comfortable space in your home
- Watch the sunrise and sunset
- Frame a favorite photo or nature print
- Walk barefoot in the grass
- Go to an outdoor concert or event
- Walk or hike a scenic trail
- Buy yourself some flowers
- Take a drive with the windows down

BODY

- Go for a walk, run or bike ride
- Practice yoga
- Get a massage
- Take a salt bath
- Stretch
- Lift Weights
- Eat a healthy meal
- Turn on music and dance
- Drink more water
- Drink warm tea
- Let the tears out
- Hit the driving range, batting cage, or pole dancing class
- Try acupuncture or massage
- Focus on your breath

SOUL

- Ask for help or a hug
- Volunteer
- Practice visualization of what you desire
- Use your imagination to travel to your favorite place
- Laugh
- Write your own inspirational quote
- Connect with animals
- Write a poem or letter to your future self
- Balance your work/life
- Embrace the unknown- release control
- Call an uplifting friend
- Create a vision board
- Cook a healthy meal
- Listen to soothing music
- Tell the truth
- Speak your truth

YOU FIRST

