

SELF CARE CHECKLIST



GET ENOUGH SLEEP. SET A BEDTIME AND A WAKE UP TIME.

TRY AND GET THE FULL EIGHT HOURS SLEEP.



MAKE YOUR BED AND WASH YOUR FACE.

ADD SOME MOISTURISER AFTERWARDS.



GET SOME EXERCISE.

IT DOESN'T HAVE TO BE INTENSE IF YOU DON'T WANT TO. YOU CAN EVEN TAKE A WALK.



EAT THREE HEALTHY MEALS AND DRINK PLENTY OF WATER.

MAKE SURE TO ADD VEGETABLES. YOUR BODY WILL THANK YOU.



SPEAK TO A LOVED ONE.

OR SPEND TIME WITH A PET.



DO SOMETHING YOU LOVE.

DEDICATE SOME TIME TO YOUR FAVOURITE HOBBY.



MAKE A STUDY/ASSIGNMENT PLAN TO REDUCE STRESS.

PREVENT BURNOUT OR FEELING OVERWHELMED BY MAKING A MANAGABLE PLAN.