

LIFE'S BETTER: WOMEN'S HEALTH

self-care checklist



self-care is about making time for activities that help you to preserve or enhance your physical, mental and emotional health. In our busy, fast paced lives, it can be easy to forget to look after your needs, so it is important to stop and reflect on what it is you need and do your best to honour those needs.

take a look at our list of suggested self-care activities and check the boxes of the activities you do or you can plan to do to practice self-care.



Take a 20-minute walk in nature

Cook a new recipe

Drink a glass of water



Enjoy a soothing bath

Read a chapter of your book

Write down three things you're grateful for today



Spend 10 minutes stretching

Call a loved-one

Go outside for at least 10 minutes



Get 8 hours sleep

Take 5 deep breaths in and out



Meditate for 5 minutes

Make yourself your favourite tea

Have a few hours off your phone



Compliment yourself

Listen to a song that makes you happy

Schedule in a health check



Eat a plate of vegetables

Move your body – walk, dance, garden etc.

Learn something new



Take a look at these [quick self-care activities](#) for some more inspiration.

My own ideas for daily self care: _____