

Self Care Checklist

- ☐ Get some sunshine
- ☐ Take a shower or a bath
- ☐ Do something creative
 - draw, paint, sew, or play an instrument
- ☐ Journal
- ☐ Read a good book
- ☐ Eat healthy foods
- ☐ Drink plenty of water
- ☐ Play a game
- ☐ Move your body
 - take a walk or watch a yoga video
- ☐ Chat with friends
- ☐ Sing or dance to your favorite song
- ☐ Laugh



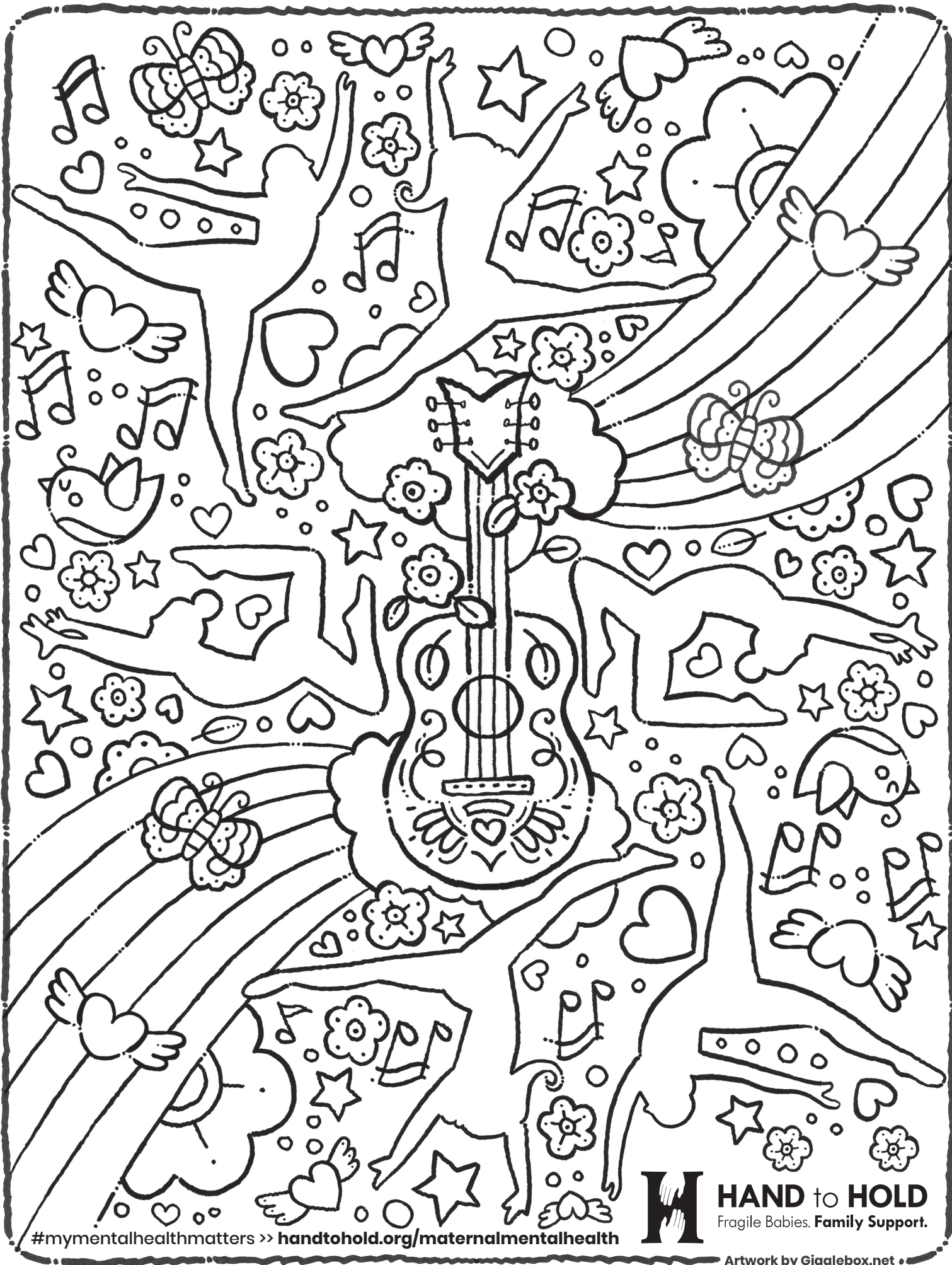
HAND to HOLD
Fragile Babies. Family Support.

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