Self Care Checklist

☐ Get some sunshine
☐ Take a shower or a bath
☐ Do something creative
do 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

#mymentalhealthmatters >> handtohold.org/maternalmentalhealth

Artwork by Gigglebox.net