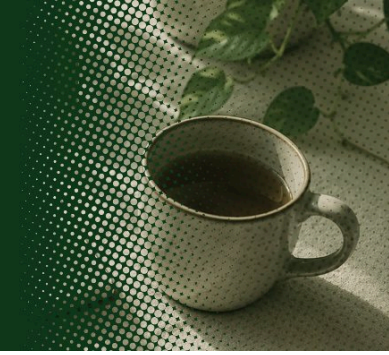
mindhealth WORKSHEET

SELF-CARE · DAILY PRACTICE

Daily Self-Care Checklist

List a few small things that look after your body, mood and mind. Tick them off each day, and change the list whenever it stops fitting.



Type into the boxes on screen, or print it and use a pen.

My self-care activities	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐

SELF-CARE TIPS

Making it stick

- Start with just a few self-care practices and add more as you become more comfortable with the process.
- Be specific and measurable when setting goals for each self-care practice, such as exercising for 30 minutes or meditating for 10 minutes.
- Review your checklist at the end of each day or week and reflect on your progress, and adapt your self-care routine as needed based on your needs.
- Use positive reinforcement, such as rewarding yourself when you complete your checklist each day or week.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

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