

self-care check-in

CHECK THE BOXES OF THE ACTIVITIES
YOU DO TO TAKE CARE OF YOURSELF.

- EAT THREE MAIN MEALS
- GO ON A 24-HOUR SOCIAL MEDIA
DETOX
- FIND A QUIET SPOT TO SELF-REFLECT
- LIGHT AN AROMATIC CANDLE
- MAKE A BUCKET LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- CATCH UP WITH A FRIEND
- VISIT A FAMILY MEMBER
- SPEND TIME OUTDOORS
- WATCH MY FAVORITE SHOW
- CUDDLE A PET
- TRY SOMETHING NEW: _____
- READ A BOOK

Make it a habit to take care of yourself

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