Self-care checklist

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Habits/behaviours** | **Not yet** | **Sometimes** | **Usually** | **Always** |
| I am eating well-balanced meals |  |  |  |  |
| I am getting enough rest and sleep (around 8 hours a night) |  |  |  |  |
| I am exercising regularly (5 times a week for at least 30 minutes) |  |  |  |  |
| I am communicating clearly and assertively |  |  |  |  |
| I am using my sense of humour to get through difficult situations |  |  |  |  |
| I am reflecting and thinking about my own thinking |  |  |  |  |
| I am seeing mistakes as opportunities to learn |  |  |  |  |
| I am seeking challenges and stepping out my comfort zone |  |  |  |  |
| I am accepting feedback as advice rather than criticism |  |  |  |  |
| I am practicing positive self-talk |  |  |  |  |
| I believe that I have control and ability to influence my own future positively |  |  |  |  |
| I am practicing my strengths to make them stronger |  |  |  |  |
| I am seeking out and maintaining at least two close personal friends |  |  |  |  |
| I am setting some time aside for ‘down’ time every day that doesn’t involve screen time |  |  |  |  |
| I am having some recreation time every day |  |  |  |  |
| I am getting organised to manage stress |  |  |  |  |
| I am asking for help when I need it |  |  |  |  |
| I am doing mindfulness activities |  |  |  |  |
| I am resolving issues with friends / peers / family members |  |  |  |  |

## Time to reflect

Now that you’ve gone through the checklist, write some thoughts in the space below.

What are two things you would like to start doing for yourself that you’re not doing yet?

How could practicing self-care help you at school and in your personal life?

How are you practicing self-care?

Draw pictures of you feel right now and how you feel after practicing self-care.