Self-Care Checklist

Social distancing and non-stop news has made self-care more important than ever.

Thanks for downloading!

I'm Michelle, a 31-year-old freelance copywriter and strategist in Oregon who likes iced coffee, journaling, and playing Animal Crossing. I've also been blogging for over 10 years and in that time, I've learned two important things:

1. Everything changes.
2. Taking care of yourself is a full time job.

I am not a mental health expert or professional--just one girl who loves talking about self-care and encouraging others to put themselves first on their list!

Every since my husband and I went into quarantine, I felt my anxiety both increase and decrease at the same time. That's weird, right? In many ways, I was able to let go of some little worries that I tend to carry. And found myself partly buried by some very big concerns!

I've always loved writing about self-care and self-soothing, two pieces to the self-care routine, and I knew I needed to get a good routine in place to keep myself healthy and happy during a time where I need all the mental energy and strength possible. I hope you are able to use this self-care worksheet and checklist to make yourself feel better and treat yourself kindly.

Remember: stay home, stay safe, and protect your community. Thanks for downloading!

Your Self-Care Routine

DAILY SELF CARE

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☐ _____

☐ _____

☐ _____

DAILY SELF-SOOTHING

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☐ _____

☐ _____

☐ _____

4 THINGS I'M GRATEFUL FOR:

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☐ _____

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Take care of yourself.

"She's handling this so well."

"All the other moms have homeschooling *planned*!"

"I feel like a total mess."

These are things I found myself saying in the first few days of quarantine. And I know I'm not alone! March has been a challenging month and April doesn't look to be any easier on us. Staying home and protecting our community is **important**, but it can be mentally draining, stressful, and tiring. Humans are a social people; staying home and not seeing anyone else socially is hard, even for the introverts among us.

That's why I made this checklist. It's ok to feel stressed right now. And most importantly: **it is ok to take care of yourself** while taking care of others! It's ok to feel lonely and disappointed (if you had to cancel vacations, if you aren't celebrating your birthday, whatever). I hope you take a few hours to treat yourself kindly and take care of yourself!

Michelle