

Self-Care Daily Checklist



JUST ME, I AM ME
MENTAL HEALTH FORUM

Physical Self-Care	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Sleep 7-9 hours at night														
Take a 5 min walk														
Eat 5 fruit or veg each day														
Have Shower or Bath														
Make Your Bed														
Drink 6-8 glasses of water each day														
Prepare a meal each day														
Do some house work														
Brush your teeth twice a day														
Take some sort of exercise daily														

Mental Self-Care	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Attend any appointments you may have														
Take Medication														
Fill in a mood diary														
Download a mental health app on your phone														
Do some breathing exercises														
Call, Txt or email a friend or family														
Listen to music even dance around the room														
Learn 1 new skill														
Write a Blog or Journal you can even share it with us														
Do a puzzle														
Write down 3 positive thing about you														
Follow Just Me, I Am Me Mental Health Forum														

Try our ready built Activity sheet or build one of your own, the more tick you get on your sheet the more you will feel better.

(please remember you will not feel better over night but with tool like this it will help you achieve your goal in time)

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Physical Self-Care	M	T	W	T	F	S	S	M	T	W	T	F	S	S

Mental Self-Care	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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