

# Our Daily Self Care Check-In



There are many things that you can do on a day-to-day basis for self care. Here is a small list of useful things to be doing each and every day to care for yourself. We understand it is difficult to get the time and/or energy to do each of these items of self care and we want you to be as gentle with yourself as possible. You are amazing!



## Breathing:

Take a moment to put what you are doing on pause and breathe deeply for at least 1 minute per day.

## Feeling:

Ask yourself how you are feeling today and ensure you are doing what you can to feel as good as you can.

## Gratitude:

Ask yourself "What am I thankful for today?" This could be anything as small as someone holding the door open for you or as big as working towards getting over a fear.

## Want:

Ask yourself "What do I want to accomplish today?"  
You are capable of anything you set your mind to!