

# Lockdown Self-Care Checklist

TOOK AN ESSENTIAL OIL BATH	GAVE MYSELF A HAIR MASK WITH SCALP MASSAGE	HAD AN ONLINE CATCHUP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF	RELAXED WITH ART AND CRAFT
MEDITATED	ATE NOURISHING FOODS	LISTENED TO MY BODY	SUNG AND DANCED TO MY FAVOURITE MUSIC	GOT SOME EXERCISE	PRACTICED SELF-COMPASSION
MADE A GRATITUDE LIST	SAT DOWN WITH A CUP OF HERBAL TEA	PRACTICED DEEP CONSCIOUS BREATHING	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF IN WHATEVER WAY FELT GOOD FOR ME	WATCHED A FEEL-GOOD MOVIE
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED MYSELF - WITH ABSOLUTE LOVE	DROPPED A HABIT THAT IS NOT FOR ME	BELLY LAUGHED
READ A BOOK	SPENT TIME IN NATURE	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	MADE A VISION BOARD	GAVE BACK TO THE COMMUNITY