

Checklist for Managing Self-Care

Use this checklist to help you establish healthy self-care routines to support your learning.

Morning Routines

- Keep my phone or alarm clock out of reach of my bed
- Stretch or exercise to wake my body up
- Eat a healthy breakfast
- _____

Work / Study Routines

- Get up and move or stretch every 30 minutes
- Eat meals away from my work or study area
- Ask my instructor or peers for help when needed
- Set learning goals and make plans to reach those goals
- _____

Healthy Routines

- Schedule time for yourself and for being with others
- Get some sunshine and fresh air
- Schedule time to exercise
- _____

Affirmations

- Practice mindfulness and belly breathing
- Dedicate at least five minutes a day to reflect on my progress
- Foster gratitude and speak aloud thing I am thankful for
- _____

Minimize Negative Distractions

- Connect with supportive people
- Establish boundaries and set limits
- Take a break from the news and social media
- _____