

COVID Self-Care Checklist

EXERCISE



INSTRUCTIONS

- How kind are you being to yourself during this pandemic? There are no right or wrong answers, so just answer however seems appropriate for you right now - and see what you learn about yourself.
- Then turn over to SCORE yourself and choose 1-3 small actions to boost your self-care.



	Yes	Sometimes	No
1. I am up-to-date with my health, and on top of any issues eg. optician, dentist or any other important health check-up.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am doing something (however small) to maintain some level of physical fitness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am mostly eating well (nutritionally) and am not mistreating my body with too much sugar, salt, caffeine, alcohol etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I practice good "sleep hygiene" eg. I keep a regular bedtime and limit screen time before bed. I am gentle with myself when I don't sleep well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My home is tidy and clean. I have a place that's just for me (somewhere I love to be) even if it's just a corner of a room or a favourite chair.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I check-in with, and acknowledge, how I truly feel (not how I think I should feel). I am kind and forgiving with myself when I do this.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I make some effort with my appearance. I wear clothes that I like/feel good and maintain a routine eg. do something with my hair/skin daily.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have a routine. I take time every morning to think about my day & prioritize how I spend my time (however basic those tasks might be).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I am creating things to look forward to in my life. These may be small (eg. for today) or larger (eg. for the weekend/month ahead).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I say "No" when I need to. I follow the "oxygen mask" principle (taking care of myself first so I'm in a better place to take care of others).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I am connected with enough people in my life who love and support me - even if it's only through zoom, messaging or a phone call.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I minimise reading the news. I don't allow social media and similar to negatively impact how I feel - or distract from those around me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I have coping techniques for when I feel down or times get tough eg. journaling, meditation, a counselor or special friend I can talk to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am getting outside at least once a day. I find ways to connect with nature eg. a favourite tree, tending plants, listening for birds singing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I am trying to create meaning and learn from this situation. I focus on living my values, and what I can be thankful for.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have reserves of things that are important or help life run smoothly eg. contact lenses, prescriptions, pen & paper, vitamins or bathroom tissue!	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL Number of Yes's, Sometimes and No's: _____

What Did You Learn?

1) Score Your Self-Care Checklist

SCORE: 2 points for each Yes

SCORE: 1 point for each Sometimes

SCORE: 0 for your No's

The maximum possible total is 32. My total score is _____

“ We all need self-care practices, especially at this time, that can help us tap into our optimism, hope, healing and well-being.

Lynda Monk

2) What Did You Learn About Yourself?

Do you have a 'high', 'low' or 'middling' score? Is this what you expected? What surprised you? What didn't? How do you feel about your results? Write whatever you notice or comes up for you below.

3) What will you do to take care of yourself in the next month?

Write out 1 to 3 simple actions you will take to boost your self-care within the NEXT MONTH. Can't think of anything? Make it bigger (more exciting) or smaller (easier) until you have something you can 100% commit to.

Self-care Action 1 _____ by _____

Self-care Action 2 _____ by _____

Self-care Action 3 _____ by _____



4) What will you do to take care of yourself today?

To wrap-up, choose one *specific* thing (however small) that you will commit to doing today.

I will _____ By what time _____