

WEEKLY SELF-CARE

Weekly Self-Care Checklist

Physical Body

- Hydrate - 8 Glasses Of Water
- Practice Good Hygiene
- Eat Healthy Organic Foods
- Get Some Exercise
- Enjoy A Little Sunlight
- 7-8 Hours Sleep Nightly

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Emotional Heart

- Set Healthy Boundaries
- Monitor Your Thoughts
- Express Your Creativity
- Create A Healthy Support System
- Write In Your Journal
- Use Affirmations Or Mantras

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Mind & Soul

- Start A Meditation Practice
- Read Positive Articles/Books
- Set Goals
- Find A Mentor
- Try A New Hobby
- Spend Time In Nature

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Self Care Routine Benefits Alternatives

Xiaolong Qi

Self Care Routine Benefits Alternatives:

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