

Emotional Self-care

CHECKLIST

Daily to-do list

- Morning meditation
- Practice breathing
- 5 mins of gratitude
- Identify today's needs
- Ask for help

Activities to consider:

- Yoga
- Counseling
- Journaling
- Affirmation/Manifestation
- Cry for 3-5 mins

Questions to ask yourself:

- What time of day will I be most consistent to follow a routine?
- Did I consider my emotional needs first?
- Have I asked for help yet?
- Have I identified a safe space (place/person you can be vulnerable)?
- Have I identified triggering events causing unstable emotions?
- Have I identified events/activities when I'm the happiest?

Action Steps:

- Establish a routine
- Find professional support
- Check-in with yourself daily
- Find reliable individuals you can talk to and/or ask for help
- Disconnect from social media (or)
- Only follow positive (happy, joyful) accounts