

# SELF-CARE CHECK-IN

## SELF CARE CHECK IN FOR LOCKDOWN

- EAT REGULARLY AND TRY NEW RECIPES
- GO ON A 24-HOUR SOCIAL MEDIA OR NEWS DETOX
- FIND A HAPPY PLACE FOR JUST YOU
- WRITE 3 THINGS YOU ARE GRATEFUL FOR TODAY
- SHOWER & PUT CLEAN CLOTHES ON EVERY MORNING
- LISTEN TO GOOD MUSIC
- EXERCISE - MIX UP YOUR ROUTINE
- CATCH UP WITH A FRIEND
- CALL/FACETIME A FAMILY MEMBER
- SPEND TIME OUTDOORS, TAKE A DEEP BREATH OF FRESH AIR
- TREAT YOUR SELF & HAVE SOME YOU TIME
- MAKE A PLAN FOR YOUR WEEK IF YOU GET OVERWHELMED
- TRY SOMETHING NEW
- READ A BOOK



**YMCA**

Make it a habit to take care of yourself,  
YMCA Exeter