

May Joy List

10 EASY SELF CARE STRATEGIES CHECKLIST

- **Go for a nature walk.** Listen to the birds, smell the air, feel the sunnshine.
- **Take yourself on a date.** Even if you just hit the drive thru, sit on the tailgate of a truck, or a park bench, and then go buy yourself something nice.
- **Journal.** The beauty of journaling is there is NO right or wrong way to do. Free write, write about a song you relate to (this is helpful for when emotions are hard to pinpoint or put into words), draw a sketch about how you're feeling. BUT, always write one thing nice about yourself or a solution to a problem at the end.
- **Tea time.** Wait a minute, give this one a try. An honest try. Get comfortable, sip some hot tea, and clear your mind or reflect on the day without bias. Just sit still and drink the darn tea. You might even like it.



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- **Stretch or do a free YouTube yoga video.**
- **Declutter one small area. Sometimes, you discover little forgotten treasures when decluttering.**
- **Be GOOFY. Seriously. Put on fun music, dance like a maniac, sing at the top of your lungs and I bet you will feel a smidge better for a smidge longer.**
- **Have a no-screen (devices) hour. One hour where there's no scrolling, no comparing, no knee-jerk emotional reactions to what other people are doing/saying.**
- **Try a new recipe. Healthy, unhealthy, something new that you can make and be proud of yourself...and eat it too.**
- **Pick up an old hobby or start a new hobby. Express yourself. Be artistic.**