

Ubiquinol's Self-Care Checklist

Self-care can get us through tough times and help us handle chronic stress. To help negate the negative effects of stress, choose at least one activity from each section daily. If you've found something that works well for you that's not on the list, add it to the blank spots provided.

Mental Self-Care Activities

- Clean your living/working space
- Read a book for pleasure
- Unplug from your phone and computer for at least 20 minutes
- Mediate
- Unfollow toxic or negative people on social media
- Change up your routine
- Say "no" to something
- Set boundaries with your coworkers, family, or loved ones
- _____
- _____



Emotional Self-Care Activities

- Spend time processing your emotions without judgement
- Talk to a trusted friend or family member about how you're feeling
- Journal
- Spend time in nature
- Do something you love, even if it's just for a few minutes
- Give yourself a genuine compliment
- Listen to your favorite artist or song
- Practice self-compassion (speak to yourself as if you were speaking to your friend)
- _____
- _____



Physical Self-Care Activities

- Get enough sleep (7-8 hours)
- Cook yourself a nutritious meal
- Move your body for 30 minutes (even a stroll around the block counts!)
- Stretch
- Practice deep breathing
- Stay hydrated
- Spend time in the sunshine (with SPF and sun protection, of course!)
- Take a relaxing shower or bath
- _____
- _____

