

Self-Care Toolkit Checklist

- Emergency Contacts:
 - Trusted friends, family, or mentors for immediate support.
- Activation Survival Plan:
 - Structured approach to navigate emotional activations.
- Regular Toolkit Check-ins:
 - Periodic review and adjustment for evolving needs.
- Professional Support Plan:
 - Outline for seeking trauma-informed professional help.
- Social Support Networks:
 - Cultivation of connections with support groups.
- Physical Movement:
 - Regular exercise for tension release and body connection.
- Breathing Exercises:
 - Integration of calming techniques into daily routines.
- Comforting Aromas:
 - Identification and use of scents for relaxation.
- Mindful Moments:
 - Carving out time for mindfulness practices.
- Connection to Nature:
 - Strengthening the bond with nature through activities.
- Affirmations and Mantras:
 - Development of positive statements for resilience.
- Digital Detox Strategies:
 - Implementation of intentional screen time breaks.
- Journaling for Clarity:
 - Utilization of a dedicated journal for self-reflection.
- Culinary Comfort and Cooking:
 - Engagement in mindful cooking as a therapeutic activity.
- Artistic Expression:
 - Use of creative outlets for emotional expression.

Add your own Self-Care activities here:

- _____:
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- _____:
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- _____:
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- _____:
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emergency support numbers National Disaster Distress Helpline: 1-800-985-5990 National Suicide Prevention Lifeline: Dial 988

(DAILY) SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- CLEANING HOUSE
- WASHING CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- CUDDLE A PET OR HUMAN
- TRY A NEW RESTAURANT
- MAKE TIME TO READ
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

WORKOUT

- CARDIO
- WEIGHT
- YOGA
- STRETCH
- REST DAY
- OTHER

**THINGS THAT
MAKE ME
HAPPY TODAY**

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD

