



THE DIVORCE FAIRY

# SELF-CARE CHECKLIST

SELF-CARE IS A PERSONAL JOURNEY, AND IT'S IMPORTANT TO TAILOR THESE SUGGESTIONS TO YOUR UNIQUE PREFERENCES AND NEEDS. REGULARLY REVISIT AND ADJUST YOUR SELF-CARE ROUTINE AS YOUR PRIORITIES AND CIRCUMSTANCES EVOLVE.

## Physical Wellbeing:

- Get adequate sleep (aim for 7-9 hours per night).
- Eat nourishing and balanced meals.
- Stay hydrated by drinking enough water throughout the day.
- Engage in regular physical activity (e.g., walking, jogging, yoga).

## Emotional Wellbeing:

- Practice mindfulness or meditation for at least 5-10 minutes.
- Identify and express your emotions through journaling.
- Reach out to a friend or loved one for emotional support.
- Allow yourself to feel and process emotions without judgment.

## Mental Wellbeing:

- Set realistic goals for the day or week.
- Take breaks to refresh your mind during work or study sessions.
- Challenge negative thoughts and replace them with positive affirmations.
- Engage in activities to stimulate your mind (reading, learning something new).

## Social Connections:

- Schedule time for socialising with friends or family.
- Join a club or group with shared interests.
- Practice active listening in conversations.
- Cultivate positive relationships and distance yourself from toxic ones.

## Relaxation and Stress Management:

- Incorporate relaxation techniques such as deep breathing.
- Schedule downtime for hobbies or activities you enjoy.
- Create a calming environment at home with soothing music or scents.
- Learn to say "no" when necessary to avoid overcommitting.

## Self-Reflection:

- Set aside time for self-reflection and self-discovery.
- Assess your personal and professional growth.
- Consider your values and whether your current activities align with them.
- Celebrate your achievements, no matter how small.

## Digital Detox:

- Designate specific times for unplugging from electronic devices.
- Limit social media use and focus on in-person connections.
- Create a technology-free zone in your home.
- Prioritise face-to-face interactions over virtual ones.

## Sleep Hygiene:

- Establish a consistent bedtime routine.
- Create a comfortable and dark sleep environment.
- Avoid screens at least an hour before bedtime.
- Practice relaxation techniques to promote better sleep.

