

Self-Care Checklist

- [ ] Say No To Things
- [ ] Find Moments of Love & Joy
- [ ] Prioritize Sleep
- [ ] Practice Mindfulness
- [ ] Prioritize Nutrition
- [ ] Move Your Body
- [ ] Make Time for Yourself
- [ ] Take Tech Breaks
- [ ] Get Outdoors
- [ ] Set Boundaries
- [ ] Ask For Help
- [ ] Create New Traditions

*The Loss Foundation Grief & Trauma Healing Network Thanksgiving Self Care

