

The 8 Step Self-Care Checklist

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#1. Breathe

During times of stress take three deep breaths!

#2. Sleep

Try to get at least eight hours of sleep so you have time to dream!

#3. Nourish

Eat plenty of fruits & veggies . . . and not so much of the other stuff!

#4. Laugh

Joy is like medicine to the body and restores health!

#5. Play

Try doing something silly just for fun. Grown-ups need play too!

#6. Jump

It's the fastest way to get your heart rate up!

#7. Unplug

Practice being still at least 15-20 min/day!

#8. Give Thanks

You can NOT be stressed & grateful at the same time!