



Self Care Checklist

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Some people report having the experience that their symptoms of anxiety seem to come on suddenly and without cause. While symptoms can flare up unexpectedly, it can be helpful to check in with your self-care practices over the last week to see if there is an area where you might be able to practice kindness towards yourself.

Scan through the following list to see if there are any self-care resources that may help calm, ground, and connect you to yourself and/or others:

Self-Care Inventory Check List: Check all that you are doing and circle those that you are not doing/are doing rarely. Then reflect on one action item to focus on for the week or month. Every little bit of action towards developing self-care habits contributes to long term health and wellness.

Have I been getting full uninterrupted nights of sleep?

Have I been hydrating to meet my bodies needs?

Have I been feeding my body in a way that is supportive of my recovery and nourishment needs?

Have I been moving my body in a way that is supportive of my recovery and overall health? (walking, hiking, swimming, yoga, other safe forms of exercise)

Have I connected with someone who has earned my trust and knows my story?

Am I being honest with myself and those I trust about how I am doing right now?

Have I had the opportunity to self-reflect in a way that I connect with? (i.e. journal, art, dance, music)

Have I had the opportunity to engage in activities I enjoy and find life giving?

Have I had the opportunity to engage with nature in a way that I find grounding? (i.e. hiking, walking in a space I find beautiful, taking in the beauty of the ocean)

Am I using the self-care skills I have learned in therapy or elsewhere? (calm place, container, deep breathing, guided meditations, prayer)

How am I speaking to myself about myself? (practice kindness, self-compassion)

Other- you know yourself best! What ways have you found to be helpful in grounding and energizing, resetting your mind, body, soul?

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