

# CEHD SELF-CARE

# Checklist

- Get a full night of rest
- Set a water intake goal and meet it
- Tend to something growing/living
- Get your heart rate up for 15 minutes
- Do one thing that brings you relaxation
- Connect with a person outside of your home (virtually!)
- Cook and eat a healthy meal
- Spend 10+ minutes outside
- Spend at least 5 minutes practicing mindfulness (*be present!*)
- Take a break from social media
- Plan a post-finals reward activity
- Ask for help if you need it

X  
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