

Self-care

CHECK LIST

- Wake up with the sun or 15 mins earlier than usual
- 5 min meditation or breathing exercise
- 15 minute guided mediation
- Set a timer to organise an area for 15 mins
- 2 cups of fruits and 3 cups of veggies
- Eat three main meals
- Establish a prioritized list of activities
- Unplug from technology for 2 hours
- Keep a clear communication with family, friends and colleagues
- Keep a clean desk and home workspace
- Unfollow negative people on social media
- Read or listen to the chapter of a book
- Spend time outdoors
- Exercise for at least 30 minutes
- Take a warm shower or bubble bath