

SELF-CARE SURVIVAL CHECKLIST + REFLECTION GUIDE

Physiology | Body-Based:

- Do you need to drink more water?
- Are you eating foods that nourish you?
- Are you getting enough quality sleep?
Will a nap help or hurt? Do you to relax and rest? What's the best way?
- Have you taken your prescribed meds?
Have you talked to your doctor lately?
- Have you moved your body lately?
- Are you getting your sensory needs met? (Time alone, level of noise, touch, smells, lights, warmth, textures, etc.)
- Do the spaces you inhabit help you meet any or all of the needs above?

Your Notes/Reflection:

Safety/Security:

- Do you feel safe where you live and/or work?
- Do you have resources to help meet your body needs?
- Do you have financial security?
- Do you have access to quality healthcare and can you afford it?

Your Notes/Reflection:

Love, Belonging, & Esteem:

- Have you communicated with any of your loved ones lately?
- Have you laughed lately?
- Do you have people that you can be open with?
- How much compassion do you have for others and for yourself?
- Do you understand your needs and boundaries? Do you avoid unnecessary guilt.
- Have you spent time on something you really enjoy or worked on a skill?

Your Notes/Reflection: