

# *SELF-CARE* CHECKLIST

- ☐ DRINK A GLASS OF WATER
- ☐ TAKE A FEW DEEP BREATHS
- ☐ PUT ON A FACE MASK
- ☐ ORGANISE ONE OF YOUR SPACES
- ☐ DO SOME STRETCHES
- ☐ TAKE A QUICK SHOWER
- ☐ LISTEN TO YOUR FAVOURITE SONG
- ☐ DO SOMETHING CREATIVE

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