

SELF-CARE CHECKLIST



Alphington
Sports Medicine

MAKE IT A HABIT TO TAKE CARE OF YOURSELF



EAT HEALTHY FOOD

TAKE A 'TECHNOLOGY TIME-OUT'



DRINK PLENTY OF WATER

TAKE TIME TO REFLECT



GET A GOOD NIGHT'S SLEEP

DO SOMETHING YOU LOVE

WRITE IN YOUR JOURNAL

DE-CLUTTER YOUR SPACE



LISTEN TO MUSIC

HAVE FUN

EXERCISE REGULARLY

READ A BOOK



DANCE

TRY SOMETHING NEW

CUDDLE YOUR PET

GET SOME FRESH AIR

COMPLIMENT YOURSELF

GO FOR A WALK

TAKE SOME DEEP BREATHS

ASK FOR HELP

www.alphingtonsportsmed.com.au

