

SELF-CARE CHECKLIST

ALPHINGTON
SPORTSMEDICINE
EXERCISE+REHAB

MAKE IT A HABIT TO TAKE CARE OF YOURSELF



EAT HEALTHY FOOD



TAKE A 'TECHNOLOGY TIME-OUT'



CONTACT FAMILY & FRIENDS



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

