**Self-Care Checklist**

As you care for your child, it is important to also take a moment to check in on **you**. This is just a space for reflection—take it at your own pace.

**How am I feeling today?**

Check in with your emotions and fill out the sentences below.

* Today, I feel:
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Lately, I have been feeling: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* The one thing that has been on my mind is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**My Self-Care Routine (or lack thereof!)**

Take a moment to reflect on your self-care.

* When did I last take a moment for myself, even just for a few minutes?  
  *e.g. reading a book, having a quiet coffee, walking alone*
* What small thing can I do this week to help myself feel better?  
  *e.g. resting for 10 minutes, talking to a friend, taking a day off work*
* What could I ask for help with this week to reduce my stress?  
  *e.g. asking a family member for respite, speaking to a teacher about extra support*

Setting intentions can help you feel more grounded, even when things get busy. Take a moment to jot down a few small, achievable goals for the week ahead.

* One thing I can do for my child this week to support their needs is:
* One thing I can do for **myself** this week to recharge is:
* A simple task I will focus on that will make me feel accomplished is:

Final Reflection:

* A positive moment I have had with my child recently:
* Something I am proud of about myself this week:

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