

Self Care Checklist

PRIORITIZE YOUR MENTAL HEALTH, EMOTIONAL WELL-BEING, AND PHYSICAL HEALTH

AS BLACK WOMEN, WE OFTEN CARRY THE WEIGHT OF MULTIPLE RESPONSIBILITIES—FAMILY, CAREER, RELATIONSHIPS, AND PERSONAL GOALS. IT'S IMPORTANT TO CARVE OUT TIME FOR YOURSELF AND PRIORITIZE YOUR WELL-BEING. THIS CHECKLIST IS DESIGNED TO HELP YOU NURTURE YOUR MIND, BODY, AND SPIRIT WHILE BALANCING THE DEMANDS OF DAILY LIFE.

MENTAL HEALTH & EMOTIONAL WELL-BEING

- **Practice Mindfulness:** Take at least 10 minutes each day to engage in mindful breathing or meditation to ground yourself.
- **Set Boundaries:** Say “no” when necessary and protect your energy. Respect your emotional limits.
- **Journaling:** Write down your thoughts, feelings, and experiences to release emotional tension.
- **Talk to a Therapist:** Schedule regular therapy or coaching sessions to maintain your mental health.
- **Gratitude Practice:** Each day, write down three things you're grateful for to shift your focus toward positivity.
- **Engage in Positive Affirmations:** Remind yourself of your strength, resilience, and worth with empowering affirmations.
- **Social Support:** Connect with friends or loved ones who lift you up and offer encouragement.

SELF CARE PRACTICES

- **Create Personal Time:** Block off at least 15-30 minutes daily for yourself to recharge—whether that's reading, walking, or just resting.
- **Unplug:** Disconnect from social media and digital devices for a designated time each day.
- **Engage in a Hobby:** Take up activities that bring you joy and allow you to unwind, like painting, gardening, or crafting.
- **Practice Breathing Exercises:** When stressed, try deep breathing or a simple breathing exercise (e.g., 4-7-8 breathing technique).
- **Celebrate Achievements:** Take a moment to acknowledge your wins, both big and small, and honor your progress.

OCCUPATION & FINANCIAL HEALTH

- **Set Professional Boundaries:** Avoid burnout by balancing work demands with personal time. Prioritize tasks and delegate where possible.
- **Career Development:** Invest in your professional growth through training, networking, or personal development.
- **Financial Check-In:** Review your finances monthly and create a budget that aligns with your goals. Seek advice if needed to improve financial wellness.
- **Time Management:** Use tools like planners or apps to organize tasks and avoid feeling overwhelmed.

PHYSICAL HEALTH

- **Stay Active:** Engage in at least 30 minutes of exercise 3–5 times per week (yoga, walking, dancing, etc.).
- **Get Quality Sleep:** Aim for 7-9 hours of sleep each night. Establish a calming bedtime routine to ensure restfulness.
- **Eat Nourishing Meals:** Incorporate a balanced diet with plenty of fruits, vegetables, and whole foods.
- **Drink Water:** Stay hydrated by drinking at least 8 cups of water daily.
- **Schedule Regular Health Check-ups:** Prioritize your physical health by scheduling annual doctor visits and screenings.
- **Pamper Yourself:** Treat yourself to a soothing bath, a spa day, or your favorite self-care ritual.
- **Limit Stimulants:** Reduce caffeine, alcohol, or sugary snacks that may affect your energy and well-being.

SPIRITUAL HEALTH

- **Connect with Your Faith:** Spend time in prayer, reflection, or meditation, aligning with your spiritual beliefs and practices.
- **Ground Yourself in Nature:** Take time to enjoy the outdoors and connect with nature to nurture your soul.
- **Reflect on Your Purpose:** Journaling or reflecting on your life's purpose can help you stay aligned with your goals and values.
- **Community Engagement:** Get involved in your community, whether through church, volunteer work, or social causes that align with your values.

SELF REFLECTION

TAKE A MOMENT TO REFLECT ON YOUR JOURNEY:

- HOW DO YOU CURRENTLY FEEL IN EACH OF THE WELLNESS AREAS (MENTAL, PHYSICAL, EMOTIONAL, SPIRITUAL, OCCUPATIONAL, FINANCIAL)?
- WHAT SMALL STEPS CAN YOU TAKE THIS WEEK TO BETTER CARE FOR YOURSELF?
- WHAT ARE YOUR STRENGTHS AND AREAS YOU'D LIKE TO DEVELOP FURTHER?



Contact us today!!
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