

Your ultimate

HAVE A GOOD DAY

DAILY CHECKLIST

+ self care tips

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TAKE A MOMENT

BECOME PRESENT



1

Take a deep breath... right now. Inhale... exhale (repeat)

Pause

2

Name 3 things you're grateful for... and why

Pause

3

Ask yourself "What do I need right now?"

Pause

DAILY CHECKLIST

12 POWERFUL SELF-CARE PRACTICES



- Sleep 7-8 hours
- Wake up & declare: "Today is going to be a GREAT Day!"
- Drink lots of water throughout the day
- Eat a healthy meal (more nutrients, less artificial sugar)
- Make a note of important "to do's"/reminders
- Move your body for 30 minutes (walk, dance, bike, play a sport).
- Talk to a friend or family member (call, text, or hang out)
- Spend 5-10 minutes relaxing (breathe deeply or chill quietly)
- Write down one thing you are grateful for
- Do something you love for at least 15 minutes (play a game, draw, read a book)
- Say "no" to one thing that feels too much or you don't want to do
- Limit screen time to 2 hours/ take regular screen breaks

***Aim for 3-5 (or more) practices a day**

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EXPLAINED

7 SELF-CARE TIPS



Follow these **seven tips** to get more energy and live a happier, healthier, more productive life.

1

Make Healthy Lifestyle Choices

Taking care of your body is a big part of self-care. Make sure you:

Get enough sleep: Aim for 7-8 hours each night. Adequate sleep helps regulate mood, improve cognitive function, and reduce stress. In other words, you feel better and think clearer.

Eat nourishing foods: Include fruits, veggies, proteins, healthy fats, and whole grains in your meals. Healthy food = healthy mood.

Exercise regularly: Even a short walk or some stretching can boost your mood and energy.

Stay hydrated: Signs of dehydration can include headache, fatigue, irritability, lack of focus, dizziness, and dry skin.

2

Practice Mindfulness or Meditation

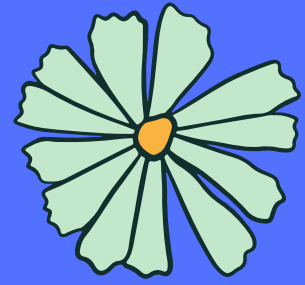
Mindfulness is all about being present and calm. Try these:

Meditation: Sit quietly and focus on your breathing for a few minutes each day. Apps like Headspace or Calm can guide you.

Deep breathing: When you're stressed, take a few deep breaths in through your nose and out through your mouth.

EXPLAINED

7 SELF-CARE TIPS



3

De-Stress With Hobbies & Creative Outlets

Doing things you love can help you relax and feel happier. Such as:

- **Playing an instrument:** Jam out on your guitar, piano, or mix some beats.
- **Drawing or painting:** Get creative with some colors.
- **Writing:** Keep a journal, write a short story, poem, or song.
- **Cooking or baking:** Make something delicious!
- **Sewing or fashion designing:** Make a new outfit inspired by you or something around you.
- **Gardening:** Start a vegetable or flower garden on your porch or backyard.

4

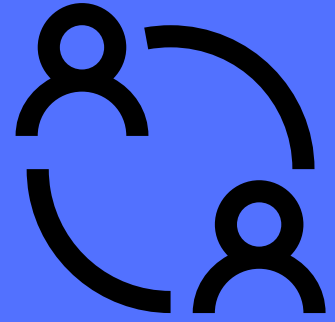
Spend Time Outdoors

Nature is a great aid for healing. Try to:

- **Go for a walk:** Enjoy the fresh air in a park or your neighborhood.
- **Hike:** Explore trails and get some exercise.
- **Sit outside:** Relax and soak in the sun or enjoy the cool breeze.
- **Grounding:** Allow the bottoms of your feet, palms of your hands, or entire body to make direct contact with the earth.

EXPLAINED

7 SELF-CARE TIPS



5

Setting Boundaries and Saying No

It's okay to say no sometimes. Protect your time and energy by:

- **Knowing your limits:** Don't take on too much.
- **Communicating clearly:** Let others know when you need a break
- **Slow down impulsive decisions:** Using phrases like "Let me get back to you on that," or "I need some time to think about that" can help you not rush into decisions. Just be sure to follow up.
- **Prioritizing yourself:** It's okay to put your needs first sometimes.

6

Seek Support & Connection

Don't go it alone. Reach out to:

- **Friends and family:** Talk to people you trust about what you're going through.
- **Teachers or counselors:** They're there to help.
- **Mental health professionals:** If things get tough, don't hesitate to seek professional help. A list of free mental health resources can be found [here](#).

EXPLAINED

7 SELF-CARE TIPS



7

Limit Your Screen Time

Too much screen time can have a negative effect. Balance your digital life by:

- **Setting screen time limits:** Take breaks from your phone, computer, or video game.
- **Doing offline activities:** Read a book, go for a walk, or hang out with friends in person.
- **Unplugging regularly:** Have tech-free times, *especially* before bed.

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BONUS: Focus On The Positive

You can either see the glass as half empty or half full. Think about the positive side of things. Shift your mindset by:

- **Challenging negative thoughts:** Replace them with positive, realistic ones.
- **Keep a gratitude journal:** Write down three things you're grateful for each day.

"Our brains become magnetized with the dominating thoughts which we hold in our minds, and, by means with which no man is familiar, these "magnets" attract to us the forces, the people, the circumstances of life which harmonize with the nature of our dominating thoughts." Napoleon Hill, Think and Grow Rich: The Original 1937 Unedited Edition

REMEMBER

YOU GOT THIS!



When life gets tough, just remember that self-care is all about taking time for yourself. Doing things that center and make you feel good.

Try out different self-care activities and see what works best for you. You deserve to feel happy and healthy!



This guide is brought to you by the Omillio Sparks Foundation.

Access free Mental Health Resources at
omilliosparksfoundation.org/resources

If you would like to learn more please visit
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If you are in Crisis, Call or text 988
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