



Walsh Duffield

SAFE & WELL SELF-CARE CHECKLIST

Taking care of your emotional, social and physical wellbeing

M T W TH F S SU

SLEPT AT LEAST 8 HOURS

MEDITATED, PRAYED OR JOURNALED

ENJOYED NATURE

HAD A HEALTHY, BALANCED MEAL

DRANK AT LEAST 8 GLASSES OF WATER

PHONED A FRIEND

REACHED OUT TO A COWORKER

EXERCISED, STRETCHED, TOOK A WALK

**SMILED, LAUGHED, DID SOMETHING
THAT BROUGHT ME JOY**