



# 2025 SELF- CARE

## CHECKLIST

### Start Your Morning

- Have a drink of water or your favourite morning drink
- Play calming music while preparing for the day.
- Breathing exercises or guided meditation.
- Reflect or use an assistive device to write one thing you're grateful for.

### Move in Your Own Way

- Enjoy a moment in fresh air
- Use assistive devices (like resistance bands) for light exercises.
- Wheelchair-accessible yoga or movement videos.
- Gentle stretches or range-of-motion exercises

### Care for Your Mind

- Accessible journaling (voice recording, text-to-speech apps).
- Use art, music, or other creative outlets to express emotions.
- Set one achievable goal based on your energy level.
- Have a meaningful conversation with a friend or support worker.

### Wind Down

- Use weighted blankets, sensory aids, or soft lighting to relax.
- Listen to an audiobook or soothing sounds.
- Reflect on or share one thing that made you smile today.
- Practice progressive muscle relaxation to release tension.