

Gentle Self Care Checklist

This gentle checklist is for days when your energy, emotions, or bandwidth feel low. These small, compassionate actions help you care for yourself without pressure or overwhelm.

	Drink a sip of water or warm tea
	Take one deep, slow breath
	Sit or lie down for a 1–2 minute reset
	Relax your shoulders and unclench your jaw
	Open a window or step outside briefly
	Speak one kind phrase to yourself
	Listen to a soothing sound or song
	Wrap in a blanket or change into something soft
	Do one tiny task (make bed, wipe counter, etc.)
	Reach out to someone safe (text or call)

Reflection Prompt

What helped me feel even a little bit better today? _____

What small comfort can I offer myself tomorrow? _____