

Resilience Self Care Checklist

Use this checklist to support your emotional, mental, and physical resilience. These small daily actions help you stay grounded, steady, and cared for.

	Drank water or nourished my body
	Moved my body gently
	Took 3 slow, intentional breaths
	Checked in with my emotions
	Practiced a grounding or calming technique
	Protected one small boundary
	Connected with someone supportive
	Did one thing that brought comfort or joy
	Spent a moment in prayer, reflection, or gratitude
	Gave myself kindness and compassion

Reflection Prompt

Which practices helped me the most today?

What do I want to focus on tomorrow?
