

# Winter Wellbeing Self-Care Checklist

## Warm Up Your Routine

- ☐ I keep a warm layer or blanket near my desk or workspace.
- ☐ I've added something comforting to my routine.

## Stay Connected

- ☐ I reached out to someone, just to say hi.
- ☐ I turned my camera on for a short meeting or chat.
- ☐ I asked someone how they really are, and listened.

## Move. Nourish. Reflect

- ☐ I moved my body in a way that felt good.
- ☐ I had a warm, nourishing meal or snack.
- ☐ I went outside and absorbed some sunlight today.

## Rest Well. Rest Often

- ☐ I've made time for proper sleep.
- ☐ I took a short break today, even just 5 minutes.
- ☐ I said no (or not right now) to something that was too much.

## Check in With Your Mind

- ☐ I gave myself permission to have an off day.
- ☐ I noticed how I was feeling today (without judgement).
- ☐ I wrote something down gratitude, thoughts, or a journal entry.



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.



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