



HOW TO USE A
**Self-Care
Checklist**
To Manage
Your Mental
Health

BY
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ROOTED
REINVENTION

AN INTRODUCTION TO SELF-CARE

I was recently asked about self-care, and since the one thing that we so often overlook is about managing our wellbeing and daily stressors to do the bigger life quests... well, I wrote a list of aspects to consider.

WILL THIS HELP YOU?

Ever feel like a plant, in need of “how to take care of me” instructions? When we find ways to do better self-care, we won’t shrivel up like a plant with no water.

I’ve compiled it for [Mental Health Awareness Week](#), but these are useful every day, all year round. **I use my self-care plan at least twice a week to manage my daily stress.**

This is for you if you’re seeking tips to take care of yourself, or instructions for your self-care, because we humans are not much different from a pet or plant.



DEFINING SELF-CARE

Self-care has grown this interesting definition of being a full day at a spa or spending lots of money. However, self-care is pretty much what it says on the tin.

It’s caring for yourself. *Radical, I know.*

To me, it’s meeting your basic needs (food, water, sleep), and re-filling your energy so that you can do it again later.

When thinking about a self-care plan, it's about finding the things that help you relax, unwind and forget about the world for a while. Not avoiding, but just resting for a while.

Self-care looks different for everyone. And sometimes self-care is just sitting and doing nothing for a while. If you don't have the energy to do anything, be mindful of that and allow it to happen.

These days, we’re often so preoccupied with the idea of always having to be busy, that we must always be doing things. But that's not healthy and it’s also not necessary.

SOMETHING TO REMEMBER

By looking after yourself, you are helping others. If you are one of those people who feels you need to always put others first, to the point that you burn out... **Don't skip this section. It's crucial.**

Giving others the best version of you, with energy, focus and attention is so much more supportive and useful to those around us than if we are exhausted, moody or distracted.

Refilling your well will allow you to have something left in your tank to give to others. **Empty watering cans do not help thirsty plants as well as half-full ones.**

Taking care of yourself will allow you to take better care of your friends and family, by allowing you to be actively involved in their life. **Okay? Okay.**

THE IMMEDIATE CHECK-IN

(1) Connect with each sense:

SMELL: Put on perfume, a scented candle or fresh clothes. Sniff your pot of mixed herbs from the kitchen cabinet if needed. Find a positive smell.

SIGHT: Find a pretty picture, view from a window, or google one of those videos of peaceful nature scenes.

HEARING: Whale music, birdsong tracks, a laughing baby, your favourite song, a comedy DVD... whatever connects with positivity or calm for you.

TASTE: Drink some water, tea, coffee or brush your teeth. Have a piece of chocolate or a slice of cucumber.

TOUCH: What do you like to feel in your hands? I stroke my cat, hold a hot water bottle, or rest my hands in a basin of lukewarm water for a few minutes. I have fidget toys like the Tangle and bracelets I can twiddle with the beads of.

(2) Check in with your body, using the check-in questions below.

- ✓ Have you eaten in the last four hours?
- ✓ Have you taken any medication you need to take?
- ✓ Drink a glass of whatever liquid you like best.
- ✓ Can you take a guess at how many hours you've slept out of the last 24?
- ✓ Are you in physical pain?

- ✓ Is something about your environment distressing or uncomfortable?
- ✓ Does your body feel uncomfortable, sweaty, or dirty?
- ✓ Do you know why you're in a bad mood, or not feeling well emotionally?
(Remember, any answer is okay!)
- ✓ Are you feeling lonely or in need of attention?

(3) At the end of a check-in, take half an hour and do whatever you want to do right now.

This can be anything: crafts, watching TV, lying on the couch, taking a walk, playing a game... your choices are endless!

(4) Once you've taken care of the immediate moment, it's time to plan for a more long-term solution. Let's begin.

CRAFT YOUR PERSONAL SELF-CARE PLAN

Below are 66 items to consider for your own self-care plan, just to get your thoughts going. This is not an endless list, and I've categorised it in ways that made sense to me, to reduce overwhelm.

However, you can use this however works best for you. Cross and tick things, colour code the items, or cross things off and write new ones.



From this list and your own ideas, pick 5-7 small things you can do on hard days to help manage, and 7-9 things to schedule in each month to keep yourself in the space of self-care.

As always, this is just how I use the list, and you can try things until you find what works for you.

SOME CHECKLIST IDEAS

PHYSICAL

- Stretch.
- Nails done.
- Facial.
- Take a nap.
- New, feel-good clothing.
- Shower.
- Brush my teeth.
- Brush hair.
- Floss teeth.
- Wash my hands.
- Clean part of a room.
- Buying myself cute pyjamas for myself.
- Face masks.
- Organise the fridge / add some fresh food.
- Scalp massage.
- Take deep, calm breaths.
- Say out loud my name, my age, the date, and location. List some things I've done today, or am going to do.
- Splash water on my face or run my hands under the tap.
- Do a body scan meditation, or pay close attention to each body part, one by one.
- Make tea. Feel the warmth of it in my hands, and the taste per sip.
- Snuggle under a soft blanket.
- Keep my bedroom tidy.
- Put freshly washed sheets on the bed, before crawling in.
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NUTRITION

- Sip some water.
- Glass of wine.
- Breakfast of protein and vegetable.
- Make tea.
- Take my meds.
- Eat at least 1 meal of real, whole food.
- Hot chocolate.
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SPIRITUAL

- Meditation.
- Essential Oils.



- Set intentions at the New Moon and release what doesn't serve me at the Full Moon.
- Smudging or Purification of my house.
- Read sacred texts.
- Focus on gratitude (list 3 things.)
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PAUSE

- Put reminders of strategies or positive memories in my phone.
- Notice and list things in my surroundings.
- Play a categories game, and name some types of dogs, or clothing items, or blue things I can see, or countries, or anything else you can think of.
- Read a good book.
- Cat playtime (or any pet time.)
- Have an early night.
- Watch superhero movies or comedy shows.
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ACTIVITIES

- Hammock time / swing / rocking chair.
- Any creative outlet: writing, dancing, singing, painting...
- Set small goals.
- Consider my boundaries and energy levels.
- Be mindful of my consumption (violent media, bad language, depressing news).
- Try acupuncture.
- Write in my journal / diary.
- Buy myself flowers.
- Workout.
- Take a hot bath.
- Light incense or a candle.
- Listen to music.
- Wake up early.
- Go for a (dog) walk.
- Pay my bills.
- Drink electrolytes.
- Go outside.
- Give myself grace / be patient with myself.
- Take some hobby time: tv /video games.
- Practise karate or martial arts.
- Try some yoga or pilates.
- Write lists, including self-care items on it.
- Squiggle. Wiggle around. Dance. Stretch. Be silly and active for a few minutes.
- Take 15 minutes to accomplish something small, like loading the dishwasher or making the bed.

SUPPORT

- Schedule regular doctor appointments.
- See a therapist.
- Connect with others. Social interaction.
- Listen to podcast.
- Try CBT/DBT self-help workbook.
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ADDITIONAL THOUGHTS

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MY PERSONAL SELF-CARE PLAN

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NOW WHAT?

This is a starting point, just somewhere to begin when things feel too hard.

- ✓ Print it out and put it on your fridge.
- ✓ Scribble all over it.
- ✓ Add new ideas.
- ✓ Review it every month.
- ✓ Schedule in the ones which work for you. *Regularly.*
- ✓ Share it with your friends.
- ✓ Talk about managing stress with others.
- ✓ Talk about mental health.

My mission, in this checklist, and all of my work, is to get you from feeling stuck in the mud to taking that next step forward; however big or small it is.

Because we all have health.

We all have mental health.

And we are all more capable than we realise.

Let's do this.

Katy Ro

About the Author

Katy-Rose Bye (MSc) is a psychological practitioner for reinventors and truth-seekers. You can think of her as a teacher, scholar & mentor all in one.



She believes we humans are more capable than we realise, and is on a mission to reinvent how personal development, wellbeing and human resilience are defined, particularly for those of us who feel broken.



Katy-Rose melds her personal experiences with cognitive techniques to help people connect with their instincts, ignite that inner wildfire, and reinvent their life without losing all their progress so far.

When she's not cuddling her feline business partners, she stargazes, writes stories, and plays video games.

Find the roots of your true self at **RootedReinvention.com**, because being yourself doesn't need to feel so damn hard™.
