



SELF-CARE CHECKLIST

M T W T F S S

Meditate for 10 min

Deep breathing

Walk for at least 15 min

Talk to friends

Journal for 15 min

Discover a new podcast or book

Exercise or stretch 30 min

Healthy eating

Drink 6-8 glasses of water

Technology break before sleep

7-8 hours of sleep

MELISSA M BOWERS

CORPORATE TRAINING + WELLBEING PROGRAMS