

Self-Care Checklist

Appiah Counselling – Nurture • Rest • Rebalance

This checklist is an invitation to regularly check in with your needs – physical, emotional, mental and social. You do not need to tick every box; it's a gentle guide, not a rulebook.

Daily Self-Care

- Had something to eat and drink today
- Took medication (if prescribed)
- Had a moment of stillness, pause or breath
- Moved my body in a way that feels manageable
- Connected with someone (message, call or in person)
- Noticed one small thing I am grateful for or appreciate

Weekly Self-Care

- Spent time doing something I enjoy
- Had some time away from screens / social media
- Spent time outside or in nature (if possible)
- Expressed how I am feeling to someone safe
- Did something kind for myself (rest, treat, boundary)

You may wish to bring this checklist into counselling to explore what supports you and what feels difficult right now.