

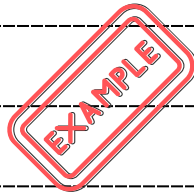
Date:

# SELF-CARE PLANNER

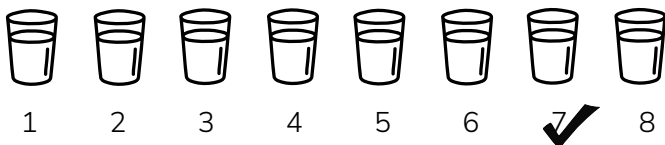
Taking care of yourself is a smart choice. 😊

## Checklist:

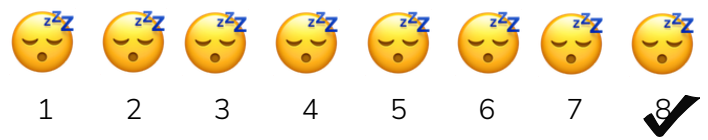
|                          |                          |
|--------------------------|--------------------------|
| Make your bed            | <input type="checkbox"/> |
| Hydrate                  | <input type="checkbox"/> |
| Enjoy uplifting music.   | <input type="checkbox"/> |
| Reach out to a friend    | <input type="checkbox"/> |
| Exercise at least 20 min | <input type="checkbox"/> |
| Phone break for 20 min   | <input type="checkbox"/> |



## Hydration tracker (by glass of water)



## Rest tracker (by hours of sleep)



## Nutrition tracker:

| Breakfast                   | Lunch                  | Dinner                         |
|-----------------------------|------------------------|--------------------------------|
| Peanut Butter Banana Toast. | Black Bean Veggie Wrap | Lentil and Vegetable Stir-Fry. |

## Mood tracker

Angry  Tired  Sad  Happy  (Add your own)

Date:









# SELF-CARE PLANNER

Taking care of yourself is a smart choice. 😊





## Checklist:

|       |                          |
|-------|--------------------------|
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |

## Hydration tracker (by glass of water)

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   |

## Rest tracker (by hours of sleep)

|   |   |  |   |   |   |   |   |
|---|---|--|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| 1   | 2   | 3  | 4   | 5   | 6   | 7   | 8   |

## Nutrition tracker:

|                  |              |               |
|------------------|--------------|---------------|
| <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> |
|------------------|--------------|---------------|

## Mood tracker

Angry     Tired     Sad     Happy     \_\_\_\_\_

Date:









# SELF-CARE PLANNER

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
## Checklist:

|       |                          |
|-------|--------------------------|
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |
| ----- | <input type="checkbox"/> |

## Hydration tracker (by glass of water)

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |  |
| 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8   |

## Rest tracker (by hours of sleep)

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
|  |  |  |  |  |  |  |   |
| 1   | 2   | 3   | 4   | 5   | 6   | 7   | 8 |

## Nutrition tracker:

|                  |              |               |
|------------------|--------------|---------------|
| <b>Breakfast</b> | <b>Lunch</b> | <b>Dinner</b> |
|------------------|--------------|---------------|

## Mood tracker

Angry     Tired     Sad     Happy     \_\_\_\_\_

# SELF-CARE PLANNER GUIDE

You will be as productive in college as you are healthy. With classes, assignments, social life, and part-time jobs, it's easy to neglect your well-being.

But remember, taking care of yourself isn't selfish; it's essential for your success, happiness and better learning!

Fill your checklist with recharging, feel good actions daily actions that will help your physical, mental and emotional self-care.

## Here are some tips to improve your self-care routine:

### Physical Self-Care

- Prioritize sleep: Aim for 7-9 hours of sleep each night.
- Nourish your body: Eat balanced meals, stay hydrated, and limit junk food.
- Get moving: Find physical activities you enjoy, whether it's hitting the gym, dancing, or going for walks.
- Manage stress: Practice relaxation techniques like deep breathing, meditation, or yoga.

### Mental Self-Care

- Connect with others: Spend time with friends and family.
- Unplug: Take breaks from social media and technology.
- Learn to say no: It's okay to decline commitments if you're feeling overwhelmed.
- Seek support: Don't hesitate to talk to a counselor or therapist if you're struggling.

### Emotional Self-Care

- Identify your emotions: Acknowledge and validate your feelings.
- Practice gratitude: Focus on the positive aspects of your life.
- Develop hobbies: Explore activities you enjoy, whether it's painting, writing, or playing an instrument.
- Set boundaries: Learn to establish healthy boundaries with others.

For more resources and tips on how to improve your study skills and achieve academic success, join our online community!



@gleannotes



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