

Daily Self Care Check In

Take a moment to check in with yourself:

- How are you feeling?
- What do you need?
- Have you gotten enough sleep?
- Have you checked in with a loved one today?
- What expectations of “normal” can you let go of today?
- Have you drank enough water today?
- Have you moved your body today?
- Have you done something nice for someone today?
- What can you do that makes you smile today?

It is easy during difficult times to forget about yourself and worry about loved ones.

Remember self care isn't selfish, it's necessary.



BRACEBRIDGE
The Heart of Muskoka