



YOUR SELF-CARE CHECKLIST TO LIVE BY

2023



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INTRODUCTION TO MENTAL & EMOTIONAL HEALTH

What are you doing to benefit the health of your mind?

Mental self-care is just as important as physical or social self-care because it influences your psychological well-being.

Research exposes, over and over again, that stress can cause mental and physical distress, leading to major health conditions. Stress can alter the way we sleep, eat, think and treat ourselves.

Part of your mental and emotional self-care checklist should be practices that benefit your mind and reduce stress.

This is not the same for everyone, but here are some ideas:



Balanced Healing

MENTAL & EMOTIONAL SELF-CARE ACTIVITIES

There are 5 Activities



1 READ AN INSPIRING BOOK

Reading an inspiring or entertaining book allows you to hone in on something enjoyable.

Practice frequency: Daily or several times a week



2 LIMIT TIME ON SOCIAL MEDIA

Social media can help you to connect with others, but too much of it negatively impacts your mental and emotional health.

Practice frequency: Limit time on social media to 20–60 minutes per day, and keep it positive



3 USE TECHNOLOGY WISELY

Technology can be beneficial for a number of reasons, from working at home to communicating with people far away and gathering information on important topics. But it is certainly possible to rely too much on technology, allowing it to take away from physical interactions and hobbies.

Practice frequency: Balance your time with technology, allowing for a technology-free time several hours a day.



4 SPEND TIME OUTDOORS

Take advantage of the many health benefits of being outdoors. It boosts mood, eases anxiety and reduces stress.

Practice frequency: Spend at least two hours per week outdoors.



5 FIND AN EMOTIONAL OUTLET

What boosts your mood and mental health? Whether it's painting, gardening, sewing or cooking, spend time doing what brings you joy.

Practice frequency: Daily or several times per week.

FINAL THOUGHTS

- When life gets chaotic and stressful, it can be easy to forget about the importance of self-care.
- Self-care is not a once-a-month trip to the spa, it involves taking care of yourself every day, without fail.
- Creating a self-care checklist is an easy way to outline your physical, social, mental, spiritual and environmental health needs.

If you require any medical intervention to assist with your self-care health journey

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