

# The Caregiver Self-Care Checklist

- Take a walk outside
- Meet a friend for coffee or tea
- Read a good book or article
- Catch up with a colleague
- Do art, or something creative
- Surprise someone with a gift
- Listen to one of Indrani's Meditations
- See your doctor for a checkup
- Play a game with your family
- Sleep in on your weekend
- Write a note of gratitude
- Pick YOUR favorite self-care activity

## Self-Care Challenge

- Complete 25 self-care tasks per month
- Check mark each time you complete a task on Mandala below
- Notice the changes in your energy and stress levels at work and at home



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