



Summer Self-Care Checklist

Activities to give your wellbeing a boost this summer.

Go for a walk in nature.		Read a book.	
Breathe deeply for 5 minutes.		Watch an episode of your favourite TV show.	
Spend time with a friend.		Eat your favourite snack.	
Listen to a song that brings you joy.		Have a day without social media.	
Call a friend or family member.		Go out for a meal.	
Do some exercise.		Sit in the sunshine.	
Complete a puzzle.		Visit a place you've never been.	
Listen to a podcast.		Wear an outfit that makes you feel good.	
Enjoy a nice drink.		Have an early night.	
Watch the sun rise.		Have a bath.	
Say something positive about yourself.		Eat a special breakfast.	
Take a photo of a loved one.		Cook a meal from scratch.	
Sort out a cupboard in your house.		Look through old photographs.	
Visit your local park.		Write a handwritten letter to a loved one.	
Enjoy a drink of your choice.		Give someone a compliment.	
Watch a movie.		Do something creative.	
Write down three things you are grateful for.		Watch the sun set.	



#jointhemission

