

UNAPOLOGETICALLY ME

An open book is shown from a top-down perspective. The pages are curled upwards and inwards, forming a symmetrical heart shape in the center. The book is open to two pages that appear to be a checklist, with faint lines and text visible. The background is a soft, out-of-focus light blue and white, suggesting a bright, airy environment. The overall tone is positive and hopeful.

CHECKLIST

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Self-care

- ☐ Daily meditation. About five minutes a day to start. Increase length of time if you feel more comfortable doing them for longer.
- ☐ Exercise routine. Work out at least 30 minutes per day for five days.
- ☐ Healthy eating habits. Avoid anything high in sugar or fats. Fast food should be avoided.
- ☐ Regular sleep schedule. Aim for anywhere between 7 to 9 hours per night.
- ☐ Self-pampering time. Adjust accordingly to your needs and preferences
- ☐ Focus on hobbies and interests that you are passionate about.
- ☐ Relax. There will always be a time and a place for it.
- ☐ Nurture your social connections on a regular basis. Check in on them and have a conversation.
- ☐ Set your boundaries. Communicate effectively and stand solid with them.
- ☐ Gratitude journaling. Write down 3 to 5 things you are grateful for each day.

Practicing Mindfulness

- ☐ Breathing exercises. You can take a few minutes out of your day to do them. Focus on the breath...that's it.
- ☐ Mindful eating. Be aware of what you're eating. Is it good or bad for you?
- ☐ Grounding techniques. Learn these whenever you want to try out different mindfulness exercises.

- Nature walks. If you love the outdoors, go on regular walks. Fresh air and a lot of green boosts your mood.
- Silent reflection. Take a moment to review your day. Think about the highs and the lows.
- Daily affirmations. Write down three to five that you can repeat in your mind daily.
- Focused attention. This can be useful if you need to focus on something very important like a priority task.
- Mindful listening. Be aware of what you are listening to. It can be the sounds around you.
- Body scan meditation. Another form of meditation where it involves your entire body.

Physical Well-being Improvement

- Regular exercise. See the self-care section about that.
- Balanced diet. Eat something that is nutritious including fruits, veggies, and more.
- Adequate hydration. Drink anywhere from 8 to 10 glasses of water each day.
- Get adequate sleep. Do a pre-bedtime routine where you shut down all mobile electronics an hour and a half before your scheduled bedtime.
- Preventative check-ups. Excellent for your physical health. Should be done each year.
- Stress management. Practice regular mindfulness to do this.
- Posture awareness. Check your posture on a regular basis. If you feel like you're slouching, stand up straight.
- Stretching routine. Perform these on a regular basis. Do this when you get up each morning, or sit up if you're taking a break at work.

- Ergonomic workspace. This will be useful for when you need to reduce injury or discomfort from sitting down for longer periods.
- Skin care. Take care of your skin on a regular basis. During the summer months, wear sunscreen.

Mental and Emotional Well-being Improvement

- Emotional expression.
- Coping strategies.
- Practice empathy. Especially in conversation.
- Conflict resolution.
- Nurture positive relationships.
- Improve emotional intelligence when necessary.
- Practice gratitude on a regular basis.
- Continue stress reduction techniques
- Continue practicing positive affirmations.
- Journal on a regular basis.
- Ongoing reading and education.
- Utilize creative outlets.
- Solve problems to help exercise your mind.
- Time management.
- Practice self-compassion

Other Relevant Practices

- Join groups and communities that reflect your interests and passions.
- Do volunteer or charity work for causes that you care about.
- Find something entertaining that will make you laugh.
- Perform regular self-reflection.
- Perform spiritual practices (optional)