

# Self-Care Checklist

Everyone's self-care plan is unique. Take a look at this checklist and circle any activities that you think you could benefit from doing more of. Try to pick at least one activity from each category to achieve feelings of balance and wellness in all areas of your life.

## Physical Self-Care

- Eat nourishing foods
- Eat regularly
- Participate in physical activity
- Get enough sleep
- Rest when you are sick
- Take care of personal hygiene
- Go on a walk or play a sport
- Go to medical appointments
- Follow medical recommendations

## Spiritual Self-Care

- Set aside time for thought and reflection
- Recognize things that give meaning to your life
- Live according to your values
- Participate in a cause that is meaningful to you
- Spend time in nature
- Meditate
- Pray

## Social and Relationships Self-Care

- Spend time with friends and people you like
- Call or write to friends and family far away
- Meet new people
- Have stimulating and meaningful conversations
- Spend romantic time with your partner
- Keep in touch with old friends
- Ask others for help when needed
- Do enjoyable activities with other people
- Share a fear, hope, or secret with someone you trust

## Mental and Emotional Self-Care

- Reflect on your own strengths and achievements
- Take time off from responsibilities
- Participate in hobbies
- Turn off distractions like text messages and emails
- Find reasons to laugh
- Express your feelings in a healthy way like talking, creating art, or writing
- Take time to notice your inner thoughts and feelings
- Write in a journal
- Identify comforting activities like taking a bath or re-watching an old movie
- Read a book
- Learn something new

## QUICK QUIZ

## Caregiver Assistance Newsletter - January 2024

*Seniors are susceptible to scams even when the perpetrators are strangers, given that perpetrators are always on the lookout for people they perceive as vulnerable. Answer True or False to the questions below.*

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1. *Most seniors always report abuse when they realize their funds are being taken. T F*
2. *The pressure from the scammer to act right away and not consult anyone else is a red flag. T F*
3. *Social Security numbers are never blocked or suspended. T F*
4. *Seniors may need home modifications to accommodate changing needs, so they are a perfect target for dishonest contractors. T F*
5. *Social isolation and dementia are two factors that may make an older person more vulnerable to financial abuse. T F*
6. *Whether you can get your money back in a scam depends on how you paid and how quickly you sought to cancel the payment. T F*
7. *Scams by strangers, though less common, often happen more quickly and can result in bigger financial losses. T F*
8. *Never give out your bank account, credit card, Social Security, Medicare or Medicaid number over the telephone unless you made the call. T F*
9. *If a solicitor calls you by phone and knows your name, it is usually okay to buy something from them. T F*
10. *Refuse “free” gifts requiring that you pay shipping charges—your credit card may billed for items you don’t want. T F*

**KEY:** 1. F 2. T 3. T 4. T 5. T 6. T 7. T 8. T 9. F 10. T