W**Self-Care To Do List**

To reduce your anxiety, boost your mental outlook, and savor your free time, try one or more of these suggestions each day, recommended by Premier Healthy Living, part of [Premier Community Health](https://www.premierhealth.com/locations/fidelity-health-care). If you finish the list, repeat.

1. Start a journal. Pick a subject to write about each time you make an entry. For example:
	* Name 10 things for which you are grateful.
	* Make a list of short-term goals.
	* Share something that has made you proud or happy in the past two weeks.
2. Call someone you haven’t talked to in a while and enjoy catching up.
3. De-clutter your desk or a room.
4. Get rid of five things you never use.
5. Write down a playlist of favorite songs from your past and listen to them.
6. Send an encouraging text message to five friends or family members.
7. Listen to a podcast on a subject that interests you.
8. Think of something you’ve dreaded doing and complete it. Then, cross it off your list.
9. Relieve your anxieties in the moment by paying attention to your breathing and noticing if you are OK right now, with no thoughts of the past or future.
10. Unfollow social media accounts that don’t bring you joy.
11. FaceTime or video chat with one or more family members.
12. If you are worried or upset, contact family and friends, a school social worker, or a crisis help-line.
13. Say a mantra that brings you comfort, such as “Hope makes me strong & secure” or “All will be well,”

**These small gifts you give to yourself can help you to be more resilient and grounded, even in uncertain times.**

**Source: Premier Healthy Living**