



How many
can you do
in a month?



*My
Bridal*

self-care checklist

IDEAS TO HELP YOU MANAGE YOUR
PHYSICAL & MENTAL WELL-BEING

EAT THREE MAIN MEALS

GO ON A 24-HOUR SOCIAL MEDIA
DETOX

FIND A QUIET SPOT TO MEDITATE

LIGHT AN AROMATIC CANDLE

DO A DAILY GRATITUDE LIST

MAKE A WARM DRINK

LISTEN TO FEEL-GOOD MUSIC

EXERCISE

CATCH UP WITH A FRIEND

VISIT A FAMILY MEMBER

SPEND TIME OUTDOORS

HAVE A MINI PAMPER SESH

CUDDLE A PET

MEDITATE

TRY A NEW HOBBY

READ A BOOK



ASK FOR HELP

DON'T SET THE ALARM

BOOK A THERAPY SESSION

PUT YOUR PHONE ON SILENT FOR AN
HOUR

DRINK MORE WATER!

START A JOURNAL

DE-CLUTTER YOUR SPACE