



Seva Mandal Education Society's  
Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)  
Department of Psychology  
Samvedana Counselling Cell

**Greetings!**

**Today's Activity is on SELF-CARE**

**Self-care is a remarkably flexible term. It includes nearly any activity individuals use to calm, heal and preserve themselves in the face of adversity.**

**Socrates coined this term and explained that in 'care of self' and to 'know thyself' are fundamental principles regarding the healthy relationship we have with ourselves, and others.**

**The activity that we will be doing is called The 'SELF-CARE CHECKLIST'.**

**In the Checklist you see, there are many activities that one can do, your task is to try and complete as many as you can in a day!**

**There might be some activities that you may have been keeping on hold, but now is your chance to indulge in them! The aim is for you to feel rejuvenated after all the work you have been doing at home.**

**An Initiative by Principal, Dr. Leena Raje**



## SELF-CARE CHECKLIST



TODAY I.....

- Talked to a friend
- Cooked
- Read Something
- Deduttered your space
- Drank 2 Litres of Water
- Watched Doordarshan
- Did something fun
- Played something with family
- Took break from Social Media
- Danced
- Meditated/ Yoga
- Complimented someone

References:

Heinrichs. K. Retrieved from <https://in.pinterest.com/pin/679269556273309589/>

Taylor, C. (2019). Retrieved from <https://mashable.com/article/self-care-history/>