



# Craft your Care Kit

Living with a chronic illness often leads to neglecting self-care, yet prioritizing it is essential for managing symptoms and well-being.

## Self-Care Check List

### Physical

- Stay hydrated
- Eat a balanced diet
- Sleep and Rest
- Exercise

### Emotional

- Practice Mindfulness
- Keep a Gratitude Journal
- Set Boundaries
- Seek Support

### Mental

- Engage in hobbies
- Limit Screen Time
- Challenge Negative Thoughts

A self care checklist is going to be unique to each person, try making your own!

### Physical

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### Emotional

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### Mental

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Taking small steps in your self-care routine can lead to significant improvements in your overall quality of life. Remember, self-care is a journey, not a destination.

