


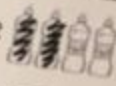
Taking Care of Me Checklist

Taking Care of Me


TODAY I WANT TO FEEL
calm

BASICS

HEALTHY MEALS 
 breakfast dinner
 lunch snack

WATER 


WALK HENRY

VITAMINS 

WORKOUT 45 mins

EVENING ROUTINE
 brush and floss teeth
 wash face & moisturize

SLEEP _____ hrs
 went to bed _____ pm

QUALITY TIME 

WORK

Daily 3 List


email my list

SEL activities

outline IC digital

Daily Schedule

SOME OF THIS

meditation app 


read a book

personal/house project

NOT TOO MUCH OF THIS

Check social media

Check news

≤ 2 cups of coffee 

≤ 2 fun beverages



Social Emotional *Workshop*

In-depth resources that are flexible, research-based, and engaging.



Hi there! My name is Laura. I am a school psychologist and educational consultant in New York City. During my career, I have also been a Special Education Director and a Director at a camp for children with Autism. Before I knew what to call it, social and emotional learning was my passion. It seems like without that, not much else works very well, amirite? I am truly grateful for the opportunity to share that passion and knowledge with countless professionals and students. What a gift.

[My store](#) is dedicated to in-depth, evidence based resources that school counselors, psychologists and teachers can use flexibly to engage some of our neediest students.

Did we just become best friends?

Please, and I mean please, **contact me** with questions or suggestions. I love hearing what you loved or less than loved about a resource, what you are struggling with in your practice, or if you want to grab coffee on a trip to New York. Suggestions are handled quickly, and you will be able to redownload any future revisions.

Catch a **typo or mistake**? Definitely email me and be kindly rewarded with a freebie from my store. I want a perfect resource as much as you do.

Do you have pictures of my **resources in action**? Post them and tag me on social media. I love seeing how you are using them.

Need more? Join my Facebook groups: [Individual Counseling Toolbox](#) and [Behavior Intervention Toolbox](#).

-laura

Taking Care of Me Checklist

In uncertain and new times, it is helpful to focus on what you can control. One of those things is your own self-care. Setting up routines and making sure you are taking care of yourself is important for your mental health. It is especially important when you are responsible for others, including your students and your own family.

I hope this small tool will help you find your daily routines and habits that will keep you healthy and calm through these difficult times.

Take care of yourself,
Laura

Editing

The included checklists are completely editable and currently have the habits I set for myself. You can edit to include the habits that you want to focus on. Be mindful that the formatting of the boxes and text is not locked.

Printing

You will notice there are 4 pages of the my checklist. This is for printing purposes. You can elect on your printer to print pages 3-7 and print 4 to a page. This will create a ¼ page checklist rather than a full page.

Daily 3

Most of the sections are self-explanatory. One section that might be new is Daily 3 List. Each day I pick 1-3 small things I want to get done that day. If I get those done, success!

Please contact me with any questions, concerns, or request.

Laura@socialemotionalworkshop.com

If you are not already on my email list, please join for access to the free resource library, weekly emails, and resource discounts.

Daily Healthy Habits

BASICS

Healthy meals

Vitamins

Morning routines

What's your morning routine?

Water

Sleep

How many hours do you want to sleep?

Evening routines

What's your evening routine?

What time should you go to bed?

Physical activity

What physical activity can you do each day? Go for a walk, do yoga?

Quality Time

How can you spend time with the people you care about today?

What other things do you think you should do every day?

More of This, Less of This

MORE OF THIS

- | | |
|---|---|
| <input type="checkbox"/> Calming activity | <input type="checkbox"/> A personal project |
| <input type="checkbox"/> Read | <input type="checkbox"/> Reach out to someone |
| <input type="checkbox"/> Journal | <input type="checkbox"/> Fun activity |

What are other positive activities you can add to your day?

LESS OF THIS

- | | |
|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Social Media | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> News | <input type="checkbox"/> Alcohol |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Screentime |

What are some activities you think you should do less of?

Taking Care of Me

TODAY I WANT TO FEEL

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 - breakfast snack
 - lunch dinner
- WATER
- SLEEP ___ hrs
 - I went to bed at ___ pm
- WORKOUT
- QUALITY TIME
- VITAMINS
- WALK THE DOG
- EVENING ROUTINE
 - brush teeth & floss
 - wash face & moisturize

WORK

- DAILY SCHEDULE
 - DAILY 3 LIST
-
-
-

SOME OF THIS

- meditation app
 - read
 - personal project
 - reached out to someone
-

LESS OF THIS

- Check social media
- Check news
- screen time
- sweets, alcohol, etc

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TEMPORARY TERMS OF USE



2019-2020 School Year

Given school closures, I want to extend and clarify how you may use/share any purchased resources or resources downloaded from my free resource library.

A-Okay

- To share with your students and families via printouts, email, or secure & private sharing platforms that are not searchable or accessible to anyone outside your community (e.g., email, Google Classroom, Class Dojo).

Not Okay

- To share with others who are not directly related to your work with your students.
- To share on websites that are publicly searchable or accessible, shared district & state drives/networks, Facebook groups, or on social media accounts.

Questions? Please email me at Laura@socialemotionalworkshop.com