

Self Care

CHECKLIST FOR DAD

1

HAVE A GOOD WORKOUT SESSION
(THIS MAKES YOU FEEL GOOD AND
DEVELOPS A RESILIENCE AGAINST
STRESS)

2

JOURNALING (IS AN EMOTIONAL
RELEASE AS WELL AS A FORM OF
SELF-DISCOVERY)

3

GET A GOOD SLEEP (THERE
ARE NUMEROUS PHYSICAL AND
MENTAL BENEFITS TO HAVING A
GREAT SLEEP)

4

BE CREATIVE (BY BUILDING AND
CREATING YOU STRENGTHEN YOUR
SELF-ESTEEM AND CONFIDENCE)

5

SPEND TIME WITH FRIENDS
(IT ALLOWS US TO SEE THAT WE
HAVE A SUPPORT TEAM WE CAN
RELY ON)

6

HAVE A MAN MAKE-OVER (A NEW
LOOK OR A GREAT SHAVE FROM A
PROFESSIONAL DOES WONDERS
FOR YOUR SELF-ESTEEM)

7

GET A MASSAGE (IT NOT ONLY
MAKES YOU FEEL GOOD BUT
HELPS YOU ALLEVIATE
DEPRESSION, ANXIETY AND OTHER
PSYCHOLOGICAL DISORDERS)

8

SPEND TIME OUTDOORS (NATURE
HAS A BRILLIANT HEALING EFFECT
ON ANYBODY)

9

SET GOALS (YOUR LIFE TAKES ON
A NEW PURPOSE AND MEANING
WHEN YOU KNOW WHICH
DIRECTION YOU WANT TO HEAD
IN)

10

MAKE A GRATITUDE LIST
(INCREASING YOUR
THANKFULNESS BUILDS YOUR
POSITIVITY AND STRENGTHENS
RELATIONSHIPS)