



Selfcare Check List

Week:

Please tick once completed	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Get a good nights sleep							
Wash face / Brush your teeth							
Drink Water target 2Ltr per day							
Go out and get some fresh air							
Move your body Chair Exercises are good							
Practice breathing exercises							
Do your mouth exercises							
Take a Nap							
Take a bubble bath							
Listen to Music							



Scan on your mobilephone
to donate

| www.theswallows.org.uk | info@theswallows.org.uk |
| 01253 428 940 | 24/7 Support Line 07504 725 059 |





Selfcare Check List

Week:

Please Tick once completed	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Meditate or try Yoga							
Talk to family or friend							
Watch a film or TV							
Walk a pet							
Take a leisurely walk or stroll							
Attend a Support Group Meeting							
Talk to our 24/7 Support Line 07504 725 059							
Set 2 of your own tasks below							
1.							
2.							