Tee talks MYELOMA

# SELF CARE CHECKLIST

- [ ] Eat 3 nutritious meals
- [ ] Wash face/ shower/ brush teeth
- [ ] Meditate for 10 minutes
- [ ] Take time for your hobby
- [ ] Call a friend/relative
- [ ] Take a walk/run
- [ ] Do yoga
- [ ] Take a power nap
- [ ] Cuddle with your pet or human
- [ ] Say “Yes” to something fun
- [ ] Light a candle
- [ ] Send yourself a gift
- [ ] Drink 8 glasses of water
- [ ] Take medication/vitamins
- [ ] Write in your journal
- [ ] Listen to your favorite song/artist
- [ ] Sing out loud!
- [ ] Sit outside
- [ ] Read a motivational quote
- [ ] Connect with friends
- [ ] Listen to a podcast
- [ ] Cook your favorite food
- [ ] Compliment a stranger