

Self-Care Checklist

Everyone's self-care plan is unique. Take a look at this checklist and circle any activities that you think you could benefit from doing more of. Try to pick at least one activity from each category to achieve feelings of balance and wellness in all areas of your life.

Physical Self-Care

- Eat nourishing foods
- Eat regularly
- Participate in physical activity
- Get enough sleep
- Rest when you are sick
- Take care of personal hygiene
- Go on a walk or play a sport
- Go to medical appointments
- Follow medical recommendations

Spiritual Self-Care

- Set aside time for thought and reflection
- Recognize things that give meaning to your life
- Live according to your values
- Participate in a cause that is meaningful to you
- Spend time in nature
- Meditate
- Pray

Social and Relationships Self-Care

- Spend time with friends and people you like
- Call or write to friends and family far away
- Meet new people
- Have stimulating and meaningful conversations
- Spend romantic time with your partner
- Keep in touch with old friends
- Ask others for help when needed
- Do enjoyable activities with other people
- Share a fear, hope, or secret with someone you trust

Mental and Emotional Self-Care

- Reflect on your own strengths and achievements
- Take time off from responsibilities
- Participate in hobbies
- Turn off distractions like text messages and emails
- Find reasons to laugh
- Express your feelings in a healthy way like talking, creating art, or writing
- Take time to notice your inner thoughts and feelings
- Write in a journal
- Identify comforting activities like taking a bath or re-watching an old movie
- Read a book
- Learn something new

Older adults may be more likely to experience mood disorders, lung and heart problems, or memory issues. Drugs can worsen these conditions, exacerbating the negative health consequences of substance use. Answer True or False to the questions below.

1. *For family or professional caregivers, the caregiving burden, anxiety, and depression are associated with a higher risk of elder abuse. T F*
2. *Chronic health conditions develop as part of aging, and older adults are often prescribed more medicines than other age groups, leading to a higher rate of exposure to potentially addictive medications. T F*
3. *Drug-drug interactions happen when two or more medicines react with each other to cause unwanted effects or make either medicine's effects more or less potent. T F*
4. *When an older spouse is the caregiver, depression, anxiety, and loneliness are common for the caregiver and he or she may abuse drugs that belong to the care recipient. T F*
5. *Most elder abuse takes place at a care facility or hospital. T F*
6. *Caregivers can be vulnerable to drinking or taking prescription drugs to ease the stress and pain of working overtime to care for a loved one or client. T F*
7. *For most adults, moderate alcohol use is up to two drinks per day for men and one drink per day for women and older adults. T F*
8. *A sign of abuse may be unusual behavior or changes in the person's behavior or emotional state, such as withdrawal, fear, anxiety or apathy. T F*
9. *Dementia can impair judgment, making it difficult for seniors to understand the consequences of their medication and alcohol use. T F*
10. *People never turn to drugs or alcohol as a coping mechanism. T F*

KEY: 1. T 2. T 3. T 4. T 5. F 6. T 7. T 8. T 9. T 10. F