

# MILSPOUSE Self-Care Checklist

- Go for a scenic walk
- Listen to a podcast
- Exercise at least 25 minutes
- Practice Yoga
- Read a book/magazine
- Try something new once a week
- Take a hot, bubble bath
- Meditate/Pray
- Watch a movie/TV show
- Spend time with loved ones
- Eat a healthy, nutritional meal
- Light a scented candle
- Take a nap
- Journal
- Enjoy a warm(or cool) beverage on your front/back porch
- Call a friend/family member on the phone to chat

*"You can't pour from an empty cup. Take care of yourself."*

