

WELLNESS CHECK

1. How is my eating?
2. Enough sleep?
3. Exercising?
4. Am I watching too much news, creating anxiety?
5. What is my emotional health?
6. Spiritual Check-in
 - a. Reading Scripture?
 - b. Daily prayer?
 - c. Giving thanks?
 - d. Meditating?



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SELF-CARE

Ideas for replenishing your creativity

1. Read a book
2. Listen to podcasts
3. Call a friend
4. Take pictures in a park
5. Visit family on Facetime
6. See a movie in the afternoon
7. Creative ideas:
 - a. Try an art tutorial on Youtube
 - b. Explore a museum online
 - c. Visit a zoo or aquarium online
8. Rearrange a room
9. Spring Clean



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