


# Wellness & Recovery

## CHECK LIST

 *A Gentle Daily Wellness Checklist for Healing*  
*Healing is a journey, and some days feel easier than others.*

*No matter where you are today, here's a little checklist to support you—  
take what you need, leave what you don't. 🧡*

- ☐ ☁️ Take a Deep Breath – Just one. Slow and steady. Let yourself land in this moment.
- ☐ 🍷 Give Your Body Some Love – A sip of water, a bite of something nourishing, a massage or a stretch maybe? You deserve care. ☕
- ☐ 💜 Check in With Yourself – How am I feeling right now? No judgment, just noticing.
- ☐ 🌿 Move, Even Just a Little – Stretch, wiggle your fingers, take a few steps. Your body is here for you. Never underestimate the mind-body connection. 🧘
- ☐ 👁️ Engage Your Senses – Look around. What's one thing you can see, hear, touch, taste, or smell? Let it anchor you.
- ☐ ✨ Set One Small, Kind Goal – It doesn't have to be big. Get out of bed? Answer a text to a loved one? 5 slow breaths? That counts.
- ☐ 📵 Find a Moment of Safety – Wrap yourself in a blanket, listen to music you love, do a 5-min meditation, imagine a safe place. Let yourself feel held.
- ☐ 📞 Reach Out (If You Want To) – You don't have to do this alone. A friend, a pet, even a journal (*written or verbal*)—connection helps. 🧠🧠
- ☐ 🛌 Rest Without Guilt – Close your eyes, take a break. You are allowed to rest.
- ☐ 🧡 End With Kindness – Think of one thing you did today—even just existing—that you're proud of. That's enough.

*Healing isn't about getting it right. It's about showing up, moment by moment.*

*And you're doing it. 😊*