



Better Thoughts
Therapy

Thoughtful Minds Therapy Self-Care Checklist

Physical

- ☐ Drink water
- ☐ Balanced meal
- ☐ Move body
- ☐ Sleep
- ☐ Outside time
- ☐ Take medications

Emotional

- ☐ Name emotions
- ☐ Deep breathing
- ☐ Journal 5–10 min
- ☐ Set boundary
- ☐ Ask for help

Mental

- ☐ Limit social media
- ☐ Creative activity
- ☐ Challenge negative thought
- ☐ Practice gratitude

Social

- ☐ Reach out
- ☐ Meaningful conversation
- ☐ Say no
- ☐ Plan something enjoyable