

# ***Are You Taking Care of Yourself?***

Action	Yes, I am doing it!	No, not yet.	This is not for me.
Are you eating three healthy meals a day?			
Do you belong to a support group or social group that meets at least once a month?			
Do you do something to relax at least three times a day?			
Are you keeping your mind stimulated?			
Do you exercise at least three times a week?			
Are you keeping your appointments and obligations?			
Do you sleep six to eight hours each night?			
Are you kind to yourself?			
Do you take your medicines as prescribed?			
Do you say NO when you need and want to?			
Are you forgiving of yourself?			
Do you enjoy reading?			
Are you engaged in social activities?			
Are you writing?			
Are you balancing between feeling your feelings and keeping busy?			

Adapted from Grief Work: Healing from Loss, by Fran Zamore

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