

# take care

today have you...

taken your meds?

had enough to eat?

been drinking enough water?

gotten enough sleep?

looked after your hygiene?

put on clothes you feel good in?

paid attention to how you feel?

done something you enjoy?

gone outside for some fresh air?

taken a moment to just breathe?

recognized your accomplishments?

expressed gratitude?

tidied up your space?

prepared for tomorrow?