

Maddie's Self-Care Checklist

Prepare clothes the night before

Do all tasks in 2 minutes or less

Exercise even if just for 1 minute

Make bed

Stand up every hour during the day

Drink a glass of water

If doing schoolwork, turn phone on DND or upside down

Ask open ended questions when conversing

Drink a glass of water

Manage money

Write 3 things down

you're grateful for each day

Read for 15 minutes

Spend one minute alone with yourself

Drink a glass of water

Refuse once a week!!!

Throw things away once a week or so

Check on a friend



YES

Youth
Emotional
Support

Remember all day:

*"When we don't have a head, we still have legs.
I can get through anything, I am flexible.
I dance through life's distractions."*

Maddie



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