

# Self-Care Checklist for Teens

**Self-care is how we take care of our minds and bodies.** When healthy habits add up, they can boost our moods and help us feel better about ourselves. Healthy habits don't just include exercise and skincare - they also include having fun with people we enjoy, being creative, and asking for help when we need it.

This worksheet is designed to help you explore different ways to take care of yourself. For each activity, check off the 1, 2, or 3 box to show how often you do that activity. After this, you can check the "star" box for activities you would like to do more often. The goal of this worksheet is to help you find out which healthy habits you're doing often, and which ones you would like to do more.

## How often do you do this activity?

**1** I don't do this, or I only do this every once in a while.

**2** I do this on some days.

**3** I do this on most days.

**★** I want to do this more.

## 1 2 3 ★ Taking Care of My Body

☐ ☐ ☐ ☐ Moving my body (walking, sports, stretching, dancing, etc.)

☐ ☐ ☐ ☐ Getting 8-10 hours of sleep per night

☐ ☐ ☐ ☐ Eating fruits, vegetables, and protein

☐ ☐ ☐ ☐ Drinking water

☐ ☐ ☐ ☐ Brushing my teeth twice per day

☐ ☐ ☐ ☐ Caring for my hair and skin

☐ ☐ ☐ ☐ Taking showers or baths regularly

☐ ☐ ☐ ☐ Spending time outside

☐ ☐ ☐ ☐ Reducing screentime at night

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Self-Care Checklist for Teens

How often do you do this activity?

1 I don't do this, or I only do this every once in a while.

2 I do this on some days.

3 I do this on most days.

★ I want to do this more.

## 1 2 3 ★ Taking Care of My Emotions

☐ ☐ ☐
☐

Doing hobbies I enjoy

☐ ☐ ☐
☐

Listening to music that helps me feel better

☐ ☐ ☐
☐

Taking deep breaths when I am overwhelmed

☐ ☐ ☐
☐

Writing down my feelings in a journal or diary

☐ ☐ ☐
☐

Talking to someone about my feelings

☐ ☐ ☐
☐

Building myself up with positive affirmations (like "I am capable" or "I am strong")

☐ ☐ ☐
☐

Playing music, creating art, or other activities to express my emotions

☐ ☐ ☐
☐

Spending time with people who care about me

☐ ☐ ☐
☐

Enjoying myself with friends

## 1 2 3 ★ Taking Care of My Spirit

☐ ☐ ☐
☐

Doing meditation, deep breathing, or yoga

☐ ☐ ☐
☐

Spending time in nature

☐ ☐ ☐
☐

Praying

☐ ☐ ☐
☐

Going to my church, temple, synagogue, or mosque

☐ ☐ ☐
☐

Doing kind things for others

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



# Self-Care Checklist for Teens

One of the most important things we can do to take care of ourselves is to talk to other people. People we trust can understand our emotions, give us advice, and have fun with us and make us laugh. They can also help us when we really need it.

For the next section, check the 1, 2, or 3 box to show how often you talk to each group of people. You can make a note next to each group if you want to be more specific (for example, you could say which friend you talk to the most). Then, you can check the “star” box to show which people you can talk to when you really need help.

## How often do you talk to this person?

1 I don’t talk to them, or I only talk to them every once in a while.

2 I talk to them on some days.

3 I talk to them on most days.

★ I can talk to this person when I really need help.

## 1 2 3 ★ People I Can Talk To

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Parents / Guardians
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Grandparents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Aunts / Uncles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cousins
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teachers
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coaches
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Therapists / Doctors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Friends
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Neighbors
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	My religious leader (minister, rabbi, imam)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Mentors

\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.





# Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

## You Can Trust ChoosingTherapy.com



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
Data Points Analyzed



### [Best Online Therapy Platforms for Teens](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

### [Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



### [Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

### [Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

