

SELF-CARE DAILY CHECK-IN



Family Caregivers
of British Columbia

1

BREATHE

Take a minute to breathe and ground yourself.

2

FEEL

How am I feeling in my body today?

3

GIVE THANKS

What are 3 things I am grateful for today?

4

WANT

What are 3 things I want to accomplish today?

5

NEED

What support do I need today?

6

AFFIRM

Take a moment to affirm yourself & your values.

For more information, support or insight into the practice of self-care call the FCBC support line
1-877-520-3267