

Washing, Teeth, and Eating

Take an honest look at basic care when everything feels like too much.

WHEN TO USE THIS

Use this during a stretch when looking after yourself has slid to the bottom of the list.

Tick anything that has been hard in the last week. No wrong answers here.

- ☐ Showering or washing
- ☐ Brushing your teeth
- ☐ Changing clothes
- ☐ Eating something
- ☐ Drinking water
- ☐ Brushing or washing your hair
- ☐ Getting out of bed

Pick the one that bothers you most. What makes it hard? Be specific.

Standing up, the cold, the noise, the time it takes.

What is the smallest version of it you would actually do today?

A wipe instead of a shower counts.

None of this says anything about who you are. It says the last while has been heavy.

Small care still counts as care. Start where you can reach.