

Breakup Self-Care Checklist

Pick One Thing

When you're heartbroken, even the smallest of tasks can feel huge. So don't try to do it all - just choose one thing from this list when you're struggling. That's more than enough for today.

✨ Body

- Take a shower (even if it's a quick one)
- Wrap up in a blanket and rest
- Go for a short walk - even 5 minutes
- Drink a full glass of water
- Stretch your arms and legs slowly
- Eat something nourishing (or at least something)

🧠 Mind

- Write down 3 things you're feeling - no filter
- Play calming music (or your "angry breakup" playlist!)
- Do a short guided meditation
- Read something comforting or familiar
- Unfollow or mute your ex on socials (protect your peace)

💬 Connection

- Text a friend and just say, "Today's hard. Can I chat?"
- Watch a comfort show or podcast that feels like company
- Write a message you wish you could send - and keep it private
- Cuddle a pet or soft toy
- Say "I need support" out loud to yourself

❤️ Heart

- Light a candle and sit with the stillness
- Re-read kind words someone's said to you
- Journal one reason this relationship needed to end
- List 3 qualities you're proud of
- Remind yourself: Healing isn't linear. I'm allowed to wobble.

You don't need to fix everything today. You only need to be kind to yourself in this moment.