

Relationship Self-Care Checklist

Pick One Thing

When a relationship feels challenging, it's easy to put your own wellbeing last. Small, simple acts of self-care can help you feel steadier and more connected to yourself. Choose one thing from this list today - that's enough.

✨ Body

- Take three slow, deep breaths and feel your feet on the ground
- Go for a short walk or step outside for fresh air
- Drink a glass of water mindfully
- Gently stretch your shoulders, neck, or back
- Eat something nourishing – or simply pause to enjoy your food

🧠 Mind

- Write down one thing you do have control over today
- Listen to a piece of music that lifts or soothes you
- Read something that inspires or comforts you
- Jot down three things you're grateful for right now
- Pause social media scrolling and take five quiet minutes

💬 Connection

- Text a friend or loved one, even just “Thinking of you”
- Notice one kind thing your partner (or someone else) does today
- Set a small boundary (e.g. “I need five minutes to myself”)
- Cuddle a pet or hold something comforting
- Remind yourself: I can ask for support when I need it

❤️ Heart

- Sit quietly and place your hand over your heart
- List three qualities you appreciate about yourself
- Remember: Relationships have ups and downs – it's okay to struggle
- Journal one gentle hope you have for today
- Say this to yourself: “I'm doing my best. That's enough.”

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