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Your Everyday Calm Checklist

Small practices for nourishment, rest, and emotional well-being.

Choose one or two practices that fit today. This is a menu of options, not a scorecard or a promise that every day will feel calm.

Morning: begin gently

[ ] Make room for breakfast or plan an available meal.

[ ] Notice how I feel before taking on the day.

[ ] Choose one realistic priority.

Midday: check what I need

[ ] Make time for a meal or snack that fits my appetite.

[ ] Drink something and notice my thirst.

[ ] Take a brief break or ask for help with one task.

Evening: make room for rest

[ ] Choose a manageable dinner, including a convenient option.

[ ] Set aside one task that can wait.

[ ] Try a quiet activity I enjoy as I wind down.

MAKE IT PERSONAL

What would help today?

Your needs can change. Let your plan change with them.

The two practices I am choosing:

One thing I can make easier:

A person or resource I can turn to:

Tonight, I want to acknowledge:

A reminder to keep: "I do not have to complete everything to deserve food, care, or rest."

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General wellness education, not individualized nutrition treatment or counseling. Adapt ideas to your needs and any care plan you follow.

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