

THE MUSIC EDUCATOR'S SELF-CARE CHECKLIST 6 MONTHS



Month 1: Physical Health Reset

- Establish a consistent sleep schedule
- Increase daily water intake
- Improve nutrition with balanced meals
- Add light daily movement or exercise
- Reduce habits that negatively impact energy levels
- Track physical wellness habits weekly

Month 2: Stress Awareness & Management

- Identify personal stress triggers
- Practice breathing or mindfulness exercises
- Begin journaling or emotional reflection
- Create daily “reset” moments
- Reduce unnecessary stressors where possible
- Develop at least one healthy coping strategy

Month 3: Building Sustainable Routines

- Create a realistic morning routine
- Develop a calming evening routine
- Improve time-management habits
- Schedule regular breaks throughout the week
- Focus on consistency over perfection
- Identify early signs of burnout

Month 4: Establishing Boundaries

- Practice saying no when necessary
- Protect personal and work-life balance
- Reduce excessive screen time
- Set healthy digital boundaries
- Limit unnecessary notifications or distractions
- Create designated time for rest and recovery

Month 5: Social Connection & Community

- Reconnect with supportive relationships
- Schedule meaningful social interactions
- Strengthen communication skills
- Ask for support when needed
- Participate in community or group activities
- Reduce isolation and increase healthy connection

Month 6: Alignment & Reflection

- Review progress from previous months
- Identify habits that are sustainable
- Adjust routines that are not working
- Celebrate personal growth and achievements
- Create long-term wellness goals
- Develop a maintenance plan for continued self-care