

Post-Show Recovery Checklist

Self-Care

- ✓ Get some fresh air after being cooped up in the theatre; go for a jog or take a walk in the park with friends!
- ✓ Get some extra sleep!
- ✓ Self-care: hair, nails, skin (maybe get a facial, if you wore a ton of stage makeup!)
- ✓ Drink lots of water, to flush out your system and get rid of toxins
- ✓ Deal with any post-show blues or sadness
(Check out my article about post-show blues on my website:
<http://kerryhishon.com/2013/02/27/how-to-deal-post-show-blues/>)

Home Life

- ✓ Clean your room/apartment/house! (You've probably neglected it over the run of the show!)
- ✓ Buy groceries and restock your cupboards!
- ✓ Spend some time with your friends and family outside of the show and reconnect with them (and don't go on about how much you miss your castmates!)

Future Plans

- ✓ Plan a fun outing with your cast and crew, like a dinner out or bowling
- ✓ Update your resume and/or website
- ✓ Print cast photos and update your scrapbook, and share them on social media
- ✓ Do some research for upcoming auditions for your next show!

Miscellaneous (Add whatever else you need!)

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