

5 areas of self-care

MENTAL



- Do things to fuel your mind learn about a subject that interests you, use critical thinking, read a book, watch a movie
- Activities to declutter your mind and reduce stress (make a to do list, journal, create, unplug from technology, go for a walk)

PHYSICAL

- · Movement of your body and attending to your needs
- Find ways to stay active that you enjoy and is rewarding (going for a walk, playing a sport you enjoy, taking a yoga class)
- · Seek healthcare when needed and take the time to rest
- · Eat and drink well to fuel and hydrate your body

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SPIRITUAL



It is important to prioritise the values and beliefs that guide one's life and the practices that support/enable that

Care for your emotional health

- · Positively navigating emotions and reducing stress
- · Meditate, journal, talk with a friend, etc.
- · Develop healthy coping skills to deal with emotions

EMOTIONAL



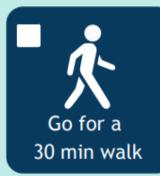
SOCIAL



- · Interact with others and have a supportive network
- · Close connections are important to your well-being
- · To grow and maintain close relationships: put time and energy into them



self-care challenges





















SELF-CARE CHECK-IN

How are · you feeling?

What are your needs today?

What are your goals today?

What are you grateful for today?

Take a minuțe to breathe and relax