

TYPES OF SELF-CARE

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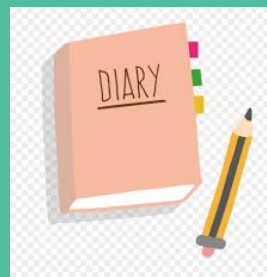
PHYSICAL

- Sleep
- Stretching
- Walking
- Exercise
- Nutrition/water
- Yoga



EMOTIONAL

- Stress management
- Coping Skills
- Compassion - self and others
- Therapy
- Journaling/gratitude



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SOCIAL

- Boundaries
- Support System
- Positive social media
- Communication
- Time and contact with Friends



SPIRITUAL

- Time alone
- Meditation
- Prayer
- Time in nature
- Sacred space



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PERSONAL

- Engage in a favourite or new hobby
- Creativity
- Work on or set some new goals
- Explore and embrace your Identity
- Authenticity



SPACE

- Safety
- Healthy environment
- Stability
- Clean space



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FINANCIAL

- Saving
- Budgeting
- Money management
- Paying Bills
- Boundaries



WORK/SCHOOL

- Time management
- Boundaries
- Taking breaks
- Use safe spaces



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