

Types of Self-Care

Emotional

- Affirmations
- Self-love
- Self-compassion
- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness
- Watch a funny movie
- Laugh or cry
- Cuddle with a pet

Social

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help

Spiritual

- Time alone
- Self-reflection
- Meditation
- Yoga
- Connection
- Be inspired
- Self-forgiveness
- Commune with Nature
- Journal
- Sacred space
- Family time
- Sing or dance

Personal

- Self-awareness
- Foster friendships
- Hobbies
- What you want in life
- Personal identity
- Coffee with a friend
- Honoring your true self
- Journal
- Relax with family

Psychological

- Self-reflection
- Safety
- Healthy living environment
- Security and stability
- Organized space
- Sensory engagement
- Aroma therapy
- Join support group
- What are your positive qualities

Physical

- Exercise
- Healthy eating
- Take a walk
- Get enough sleep
- Take time off from work
- Turn off cell phone
- Safe housing
- Regular medical care
- Physical release
- Rest
- Yoga
- Accupuncture

Financial

- Saving
- Budgeting
- Money management
- Splurging
- Paying bills

Professional/Education

- What you want in life
- Research means to achieve success
- Research secondary education
- Time management
- Work boundaries
- Don't work during time off
- Support of colleagues
- Positive workplace
- Lunch time/break time
- Take your vacation days
- Leave work at work
- Plan your next career move