

8 Areas of Self-Care

THOUGHTS

HELPS YOU MANAGE EMOTIONS

- Being Mindful/Present
- Positive Self-Talk
- Journaling/Affirmations
- Taking Breaks During Day
- Taking Vacation
- Going to Therapy



BODY

HELPS YOUR PHYSICAL HEALTH

- Good Nutrition
- Meal Prep/Planning
- Exercise
- Make Doctor's Appointments
- Getting Enough Sleep



SPIRITUALLY

HELPS NURTURE YOUR SOUL

- Time Alone
- Meditation
- Yoga
- Nature
- Religious Fellowship
- Prayer



PERSONAL TIME

HELPS YOU RESET/RELAX

- Being Grateful
- Giving Grace or Forgiveness
- Having downtime
- Relaxing
- Listening to Music
- Grooming



ENVIRONMENT

HELPS INCREASE COMFORT

- Healthy
- Safe & Stable
- Personalized
- Clean & Organized
- Calm & Peaceful



RELATIONSHIPS

HELPS YOU CONNECT SOCIALLY

- Quality Time w/ Close Family
- Socialization w/ Friends
- Positive Social Media
- Setting Boundaries
- Asking for Help



INTELLECTUAL

HELPS STIMULATE YOUR MIND

- Creating/Art
- Reading
- Hobbies
- New Experiences
- School/Continuing Edu



FINANCES

HELPS MINIMIZE FUTURE STRESS

- Budgeting
- Saving
- Paying Bills
- Retirement Contributions
- Periodically Reward Yourself

