

Which type of **self-care** do you need to focus on more?

Emotional:

Activities that help you connect, process, and reflect on a full range of emotions.

- **Practice self-compassion**
- **Coping skills**
- **Stress management**
- **Emotional maturity**

Physical:

Activities you do that improve the well-being of your physical health.

- **Engage in enjoyable exercise**
- **Eat nourishing food**
- **Get enough sleep**



Spiritual:

Activities that nurture your spirit and allow you to think to think bigger than yourself. Spiritual self-care does not have to be religious, although for some it is.

- **"Me time"**
- **Meditate & Yoga**
- **Build and maintain connection**
- **Spend time in nature**

Social:

Activities that nurture and deepen the relationships with people in your life.

- **Setting up boundaries**
- **Support system**
- **Positive social media**
- **Spend time with your friends and family**