

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

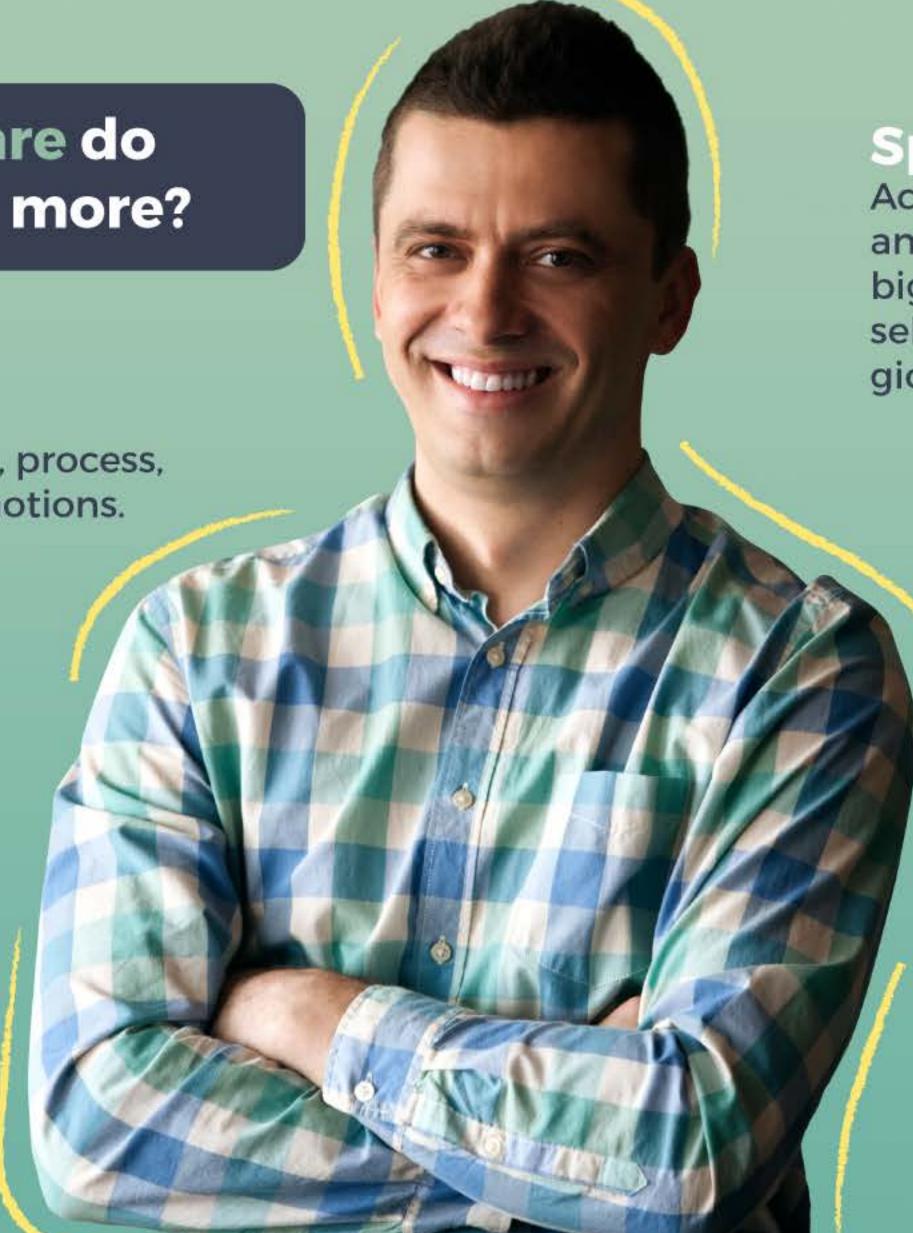
Stress management

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