

SELF-CARE ACTIVITIES



Physical self-care

- Exercise, stretch, dance, go for a bike ride, try yoga, get optimal sleep, take a nap, reduce stress in your life, eat well.



Emotional self-care

- Taking time for your emotions, doing pleasurable activities such as spending time in nature, making art, gardening, walk your dog, practice self-compassion.



Spiritual self-care

- Might include mediation, going to church, reading poetry or praying.



Mental self-care

- Mentally stimulating activities such as playing a game, journaling or practicing kindness to yourself.



Practical self-care

- Working on decluttering or tackling something on your to-do list, unplug your technology.



Social self-care

- Engaging in activities that include others, allow yourself to be social, join a support group, participate in a book club, hangout with family and relatives.



Safety and security self-care

- Be proactive about ensuring personal safety, get health insurance.