

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Yoga
- Eat Healthy
- Rest

EMOTIONAL

- Mindfulness
- Forgiveness
- Compassion
- Kindness
- Therapy
- Coaching

SOCIAL

- Boundaries
- Positive Apps
- Communication
- Time Together
- Ask for Help
- Support Groups

SPIRITUAL

- Time Alone
- Meditation
- Be in Nature
- Journaling
- Sacred Space
- Religious Practice

What is your favorite type of self-care?

