

# SIX COMPONENTS OF SELF-CARE

## MENTAL / PSYCHOLOGICAL

Activities to stimulate your brain and help you work towards self-improvement and personal growth.

Journal, read self-help book, aromatherapy, read a book, do a puzzle or craft activity.

## EMOTIONAL

Activities that help you connect, process, and reflect on your emotions and react to them in a healthy way.

Journal, see a counselor, music, dance, painting, write yourself a letter.

## PHYSICAL

Taking care of the well-being of your physical health. Get enough food, water, sleep.

Examples include taking breaks, maintaining a healthy diet, get a massage, pedicure, haircut. Laugh out loud, take a bath or shower, take a walk.

## PRACTICAL

Tasks you complete to fulfill various aspects of your life, involving taking care of your general health, as well as taking care of your home, engaging in professional development, or financial self-care (budgeting, saving money).

## SOCIAL

Nurture the relationships with people you choose to have in your life.

Remove anyone from your life that is toxic. Identify and set boundaries for yourself. Have dinner with friends, go on a date, make time for family. Learn to say no.

## SPIRITUAL

In addition to your mind and body, it's important to take care of your soul. Spiritual self-care may or may not involve religion and focuses on finding a sense of purpose and perspective beyond everyday life. Prayer, religious services, meditation, yoga, connecting with nature, or volunteering with local organizations.