

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest

EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness

SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help

SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space