

# TYPES OF SELF-CARE

- PHYSICAL:** Exercise, nutrition/hydration, sleep, attending healthcare appointments, taking meds as prescribed, relaxing activities
- EMOTIONAL:** Being able to express and cope with "negative" emotions in healthy ways, journaling, healthy communication of feelings (I statements, label emotions, feelings aren't fact, state if emotion-transient)
- COGNITIVE:** Finding activities that challenge you mentally, staying mindful of inner dialogue and using compassion and acceptance in self talk, seeking professional help if needed
- SOCIAL:** Identifying what your social needs are and scheduling time to devote to friends or work on relationships, having healthy relationships (romantic, platonic, familial)
- SPIRITUAL:** Developing deeper sense of meaning, gaining perspective on life. Can include prayer, meditation, time in nature, connection with God or Higher Power, worship



# WAYS I CAN TAKE CARE OF MYSELF NOW

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4. ....
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## SELF-CARE WISHLIST

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