

5 Types of Self-Care



SPIRITUAL

- Time to reflect
- Meditation
- Mindfulness
- Worship
- Going outside
- Nature
- Journaling

PHYSICAL

- Sleep or rest
- Screen breaks
- Stretching
- Yoga
- Exercise
- Nutritious food



SOCIAL

- Support networks
- Healthy social media
- In-person contact
- Boundaries
- Communication
- Time with loved ones



EMOTIONAL

- Stress management
- Workload management
- Self-awareness
- Compassion
- Kindness
- Gratitude

PROFESSIONAL

- Work boundaries
- Positive work environment
- Continued learning
- Recharge with breaks and vacations
- Understand your benefits & rights