



PIECES OF SELF-CARE

4 categories of self-care and example activities of each.

Physical

- Get some rest/relax
- Move your body: Walk the dog or go for a run
- Eating healthy meals/snacks
- Personal hygiene (shower, skincare routine)
- Smile at others

Social

- Call a loved one
- Have a game night with friends
- Perform an act of kindness for others
- Volunteer
- Go on a friend date: Visit a museum or learn a new skill

- Listen to music
- Journal your feelings
- Watch a funny movie
- Say words or phrases of affirmation
- Power down electronics for a day

Emotional

- Meditate or practice yoga
- Practice Mindfulness
- Pray
- Enjoy some alone time
- Spend time in nature

Spiritual

