

PIECES OF SELF-CARE

<mark>4 categories of self-care and exam</mark>ple 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

• Call a loved one

Social

- 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

Spiritual

• Spend time in nature



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