

Types of Self-Care

-  **Physical** → Any activity that positively benefits your body: stretching, walking, exercise, sleep, nutrition, yoga
-  **Emotional** → Attending to our emotions enables us to be more present in our day-to-day: coping skills, therapy, journaling, affirmations
-  **Intellectual** → Gaining knowledge about new and interesting topics: reading non-fiction book, watching documentary, taking a class
-  **Spiritual** → Connecting our inner world with our outer world: meditation, praying, going into nature
-  **Professional** → Building skills that will benefit your experience at work: taking breaks, boundaries, seeking supportive colleagues, professional development
-  **Financial** → Educating yourself to make the best decisions for your financial future: budgeting, smart investments, saving
-  **Social** → Developing and maintaining relationships: staying in contact with loved ones, sending cards or letters
-  **Environmental** → Making sure your surroundings will allow you to attend to your needs: lighting a candle, dimming the lights, reducing overstimulation
-  **Personal** → Taking care of your most basic needs: taking a bath/shower, brushing your teeth, wearing clean clothes



My Self-Care Plan

Your go-to plan on those really rough days



When to use this:

Signs you may need self-care

- Sad or depressed
- Anxious or nervous
- Self-conscious
- Unsure of yourself
- Other: _____

My goal of self-care:

How do you want to feel after self-care?

My Action Steps!

Pick 3 self-care needs and come up with one thing you can do and when.

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|-----------|-----------|---------------|-----------|--------------|
| Physical | Emotional | Intellectual | Spiritual | Professional |
| financial | Social | Environmental | Personal | |

1

Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

2

Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

3

Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday