

# TYPES OF SELF-CARE



## PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest

## EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness

## SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help

## SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connect with nature
- Nature
- Journaling
- Sacred space