

There are numerous aspects of self-care, below we have listed 4 different aspects of self-care that we wanted to go into a little more detail.

PHYSICAL SELF-CARE

Taking care of your body is important. It doesn't mean that you have to look any certain way or meet any standards. The most important aspect of physical self-care is that you feel good and enjoy it.

Here are a few suggestions:

- Go for a walk
- Focus on the quality of your sleep
- Eat a Healthy Meal
- Walk around the beach
- Go for a hike
- Go on a bike ride
- Wash your face
- Stretch

EMOTIONAL SELF-CARE

Checking in with your feelings and emotions is important when it comes to being more self-aware. It's important to understand what you are feeling, why you are feeling like that, and what behaviors/actions are manifesting in order to work through them in a healthy way.

Here are a few suggestions:

- Writing your feelings down
- Journal
- Express emotions through art, music, etc.
- Positive self talk & affirmations
- Talk to someone you trust; friend, family, counselor, therapist, support line.
- Throw rocks at the river
- Allow yourself to cry it out

MENTAL SELF-CARE

As necessary as it is to nourish and exercise your body, your mind is important too. Expand your knowledge on things you are interested in or wanting to know more about.

Here are a few suggestions:

- Read a new book
- Listen to an educational podcast
- Watch a documentary on something that interests you
- Learn a new language
- Take an online class
- Do a puzzle/crossword puzzle/Sudoku
- Explore a new hobby

SPIRITUAL SELF-CARE

We recognize that everybody holds all kinds of beliefs and none at all. Spiritual self-care doesn't require you to practice any certain religion. It is about being in tune with your inner self, your soul, the world around you.

Here are a few suggestions:

- Meditate
- Pray (If applicable)
- Surround yourself in nature
- Say/Write things that you are grateful about
- Spend time in a place where you feel grounded
- Do some yoga
- Create a sacred space