

TYPES OF SELF-CARE

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Drink water
- Get enough sleep
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Take vacations/stay-cations
- Do physical activities that you enjoy (dance, swim, walk, run, play sports)
- When possible, wear clothes you feel comfortable in

Psychological Self-Care

- Take day trips or mini-vacations
- Make time away from telephones, email, and the Internet
- Make time for self-reflection
- Notice inner experience - listen to your thoughts, beliefs, attitudes, feelings
- Go to therapy
- Write in a journal
- Read books that are unrelated to work
- Do something at which you are not expert or in charge
- Attend to minimizing stress in your life
- Engage your intelligence in a new area, e.g., go to an art show, sports event, theatre
- Say no to extra responsibilities when possible

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow yourself to cry when you need to
- Find things that make you laugh
- Meditate
- Identify what is meaningful to you and make time for those things
- Express outrage in social action, letters, donations, marches, protests

Spiritual Self-Care

- Make time for reflection
- Spend time in nature
- Find a spiritual connection or community

Relationship Self-Care

- Schedule regular dates with your partner or spouse
- Schedule regular activities with your children
- Make time to see friends that make you feel good
- Spend time with companion animals
- Make time to reply to personal emails and letters; send holiday cards
- Accept help from others
- Ask for help when needed
- Share your feelings with people you trust

Workplace or Professional Self-Care

- Take a break during the workday (e.g., lunch, walking around the block)
- Take time to chat with co-workers
- Make quiet time to complete tasks (shut your door when needed)
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation

Overall Balance

- Strive for balance work-life and personal-life
- Strive for balance among work, family, relationships, play, and **rest**