



8 AREAS OF SELF-CARE

Self-care is the act of engaging in activities to gain or maintain an optimal level of overall health. There are 8 main areas of self-care: physical, psychological, emotional, social, professional, environmental, spiritual, and financial.

1) Physical self-care

Movement of the body, health, nutrition, sleep and resting needs. Some examples of physical self-care:

- Going for a walk
 - Taking a bath
 - Getting enough sleep (7-9 hours per night)
 - Eating nourishing foods
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2) Psychological self-care

Learning new things, practicing mindfulness and creativity. Some examples of psychological self-care:

- Practicing mindfulness
- Reading a book
- Learning a new skill
- Doing a digital detox

3) Emotional self-care

Enhancing emotional literacy, navigating emotions, increasing empathy and managing stress effectively. Some examples of emotional self-care:

- Saying no
- Making time for reflecting on feelings
- Practicing self-compassion
- Being aware of your emotional boundaries

4) Social self-care

Having a supportive group and network of relationships around you that you can trust and turn to. Some examples of social self-care:

- Honoring your commitments to other people
- Asking for help when you need it
- Meeting new people
- Spending time with family and friends

5) Professional self-care

Sharing your strengths and gifts, having clear professional boundaries and living your purpose. Some examples of professional self-care:

- Eating a nourishing lunch each day at work
 - Negotiating your needs
 - Having clear professional boundaries
 - Attending professional developing opportunities
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6) Environmental self-care

Having an organized, well maintained and clutter-free work, business and home environment, having clean clothes and a clean and well-maintained mode of transport. Some examples of environmental self-care:

- Decluttering your home or work environment
 - Monitoring technology time
 - Cleaning up after a meal
 - Maintaining a clean and safe living environment
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7) Spiritual self-care:

Having beliefs and values that are important to you and guide your life. Some examples of spiritual self-care:

- Meditating
 - Reflecting in a journal
 - Going on a retreat
 - Walking in nature
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8) Financial self-care

Being responsible with your finances and having a conscious relationship with money. Some examples of financial self-care:

- Knowing where your income is coming in
- Knowing where your expenses are due and paying them on time
- Completing your tax responsibilities on time
- Spending and saving money wisely