

6 TYPES OF SELF CARE

1 Emotional

Talking to a therapist or trusted friend
Journaling
Practicing mindfulness or meditation
Allowing yourself to cry, feel, or set boundaries

2 Environmental

Budgeting and financial planning
Organizing living space
Managing time and responsibilities
Maintaining a clean and safe environment

3 Physical

Regular exercise
Nutritious eating
Good sleep
Routine medical check ups
Setting goals for yourself

4 Social

Spending quality time with loved ones
Asking for help when needed
Setting boundaries in relationships
Engaging in group activities or community service

5 Intellectual

Reading or learning something new
Solving puzzles or playing strategy games
Engaging in creative hobbies (writing, art, etc.)
Limiting information overload or negative media

6 Spiritual

Spending time in nature
Practicing gratitude
Exploring personal values and purpose

TOP 5 SELF CARE TIPS

Daily bath or shower- Daily washing helps prevent body odor especially if a deodorant is used after. It can also help to reduce stress and anxiety which will help with sleep

Oral care- Try to brush your teeth twice a day. Not only will it keep bad breath away but will help keep your teeth health and prevent painful trips to the dentist

Wear clean clothes- Wearing fresh clothes and underwear will make you feel more comfortable during the day. Wearing clothes that are clean can also make social interactions more positive

Mindful activities- Try to engage in activities that reduces stress e.g. physical activities, reading, walking or whatever works best for you. As long as it is positive and something you can enjoy and benefit from, incorporate it into your daily or weekly routine

Hair and nail care- Ensure that your hair, nails and beard are regularly groomed. Having your hair freshly cut, washed or styled can help boost your confidence.

