

5 areas of self-care

1. MENTAL



Do things to fuel your mind

- Learn about a subject that interests you
- Use critical thinking
- Read a book
- Watch a movie

Engage in activities to declutter your mind and reduce stress

- Make a to do list
- Write in a journal
- Create something
- Unplug from technology
- Go for a walk

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2. PHYSICAL



Movement/Being Active

- Move your body
- Attend to your needs
- Find ways to stay active that you enjoy and is rewarding
 - Go for a walk
 - Play a sport you enjoy
 - Take a yoga class

Health

- Seek healthcare when needed
- Take the time to rest
- Eat and drink well to fuel and hydrate your body

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3. SPIRITUAL



Prioritise

- Prioritise the values and beliefs that guide your life and the practices that support/enable that

Spend Time Alone

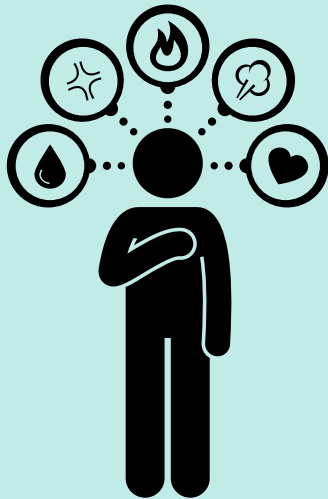
- Engage in something that brings you a sense of relaxation and a chance to connect
 - yoga
 - meditation
 - journaling
 - being in nature
 - being in a sacred space

Connect with others

- engage with and develop meaningful relationships with others
- find belonging within a community

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4. EMOTIONAL



Care For Your Emotional Health

- Positively navigate emotions and reduce stress
 - mediate
 - journal
 - talk with a friend
- Develop health coping skills to manage and deal with your emotions
- Feel the emotions that you need to feel
- Work through your emotions
- Ensure that you feel heard, supported and loved

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5. SOCIAL



Interaction and Development of Relationships

- Interact with others
- Have a supportive network
- Close connections are important to your well-being
- Grow and maintain close relationships: put time and energy into them
- Develop and maintain a positive support network

Protect Your Wellbeing

- Have positive support systems
- Communicate effectively
- Ask for help
- Set boundaries
- Engage with positive social media