

6 TYPES OF SELF-CARE

PHYSICAL SELF-CARE

Taking care of our bodies is a large component of selfcare, but it does not have to include a vigorous exercise routine. The key to self care is it should be something you enjoy and not feel like an obligation. Some ideas: Yoga, eating more veggies and fruits, going for a bike ride

EMOTIONAL SELF-CARE

Emotional self care is about becoming more in tune with our emotions. It is about checking in with yourself, becoming more mindful of your triggers and thinking patterns and finding ways to work through them, rather than bottling them up inside. Some ideas: journaling, mindfulness, and meditation, being creative such as expressing your emotions through painting, writing, cooking etc.

SPIRITUAL SELF-CARE

Spiritual self-Care does not necessarily have to relation to religion, although it can for some people. When you practice spiritual self care, you are nourishing your soul, you are striving for inner peace and you are seeking to find purpose and meaning in life. Some ideas: Meditation, spending time in nature, donating to a charity or case you believe in.

INTELLECTUAL SELF-CARE

This type of self-care includes doing something you enjoy that nourishes and challenges your mind. It expands your knowledge. Learning a new skill can be a type of self-care activity in this category. Some ideas: Reading a book Learning a new language, watching a documentary on a topic you are interested in.

SOCIAL SELF-CARE

Human's by nature are social beings. This type of self care may look different for introverts and extroverts – because our levels of comfort in social situations differ. But connection is important to us all. Some ideas: Spending time with loved ones. Reconnecting with an old friend. Striking up a conversation with someone at the coffee shop when you pick up your morning coffee.

SENSORY SELF-CARE

Sensory self-care helps you nourish your senses – sight, smell, touch sound, which is an effective way of bringing your mind to the present moment and helping you lower your stress levels. Some ideas: Burning your favourite scented candle. Listening to soothing music, Waling barefoot on the grass.