

5 AREAS OF YOUR SELF-CARE YOU CAN'T IGNORE

Each domain of self-care is crucial to ensuring you don't burn out either your physical or mental self. But only you can take the important step of implementing them.

1) PHYSICAL SELF-CARE: HOW YOU FUEL YOUR BODY.

- Being active every day for 30 minutes (walking/stretching)
- Sleeping 6-8 hours a night
- Eating nonprocessed food
- Drinking water.

3) SPIRITUAL SELF-CARE: PROVIDING A CONNECTION WITH YOUR HIGHER SELF — YOUR PURPOSE.

- Meditating
- Praying with your higher power
- Stopping to smell the flowers blooming this spring.

5) MENTAL SELF-CARE: DECLUTTERING YOUR MIND AND INCREASING YOUR COGNITIVE ABILITY.

- Reading a book or doing a puzzle
- Developing boundaries of when to say "no"
- Having a hobby.

2) EMOTIONAL SELF-CARE: IDENTIFYING YOUR EMOTIONS AND ALLOWING YOURSELF TO FEEL THEM.

- Journaling
- Setting aside time to be alone without electronic devices
- Articulating feelings, such as, "I am sad" or "I am mad."
- Forgiving someone.

4) SOCIAL SELF-CARE: CONNECTING WITH OTHERS.

- Establishing a support system
- Connecting with a friend via telephone, video conference, or in-person
- Writing and sending a thank you card.