

MY SELF CARE LIST

Self-care is crucial for well-being. It promotes resilience, confidence, self-love, and a positive outlook on life. This guide highlights three self-care areas: mental, physical, and spiritual.

Mental care is about caring for your mental state of mind so that managing stress, building resilience, and solving life problems comes natural to you. (Engaging in a fun activity

Spiritual care is all about Engaging in any activity or practice that gives your life a sense of purpose or meaning.(meditation, prayer, being in nature)

Physical care is all about making sure your body is psychically healthy and well. (being active, eating nourishing meals)

When listing self-care practices, avoid using general terms. For example, instead of saying "being active," specify what that means for you, such as going to the gym, taking a morning walk, or dancing. Similarly, instead of writing fun activities describe specific fun activities like reading a book or hanging out with friends.

This self care list can be used as a reference on tough days or when incorporating self-care into daily routines.

