

# 6 TYPES OF SELF-CARE

Practicing self-care is personal and essential. Activities that make you feel restored and refreshed may not work for others. Also, the areas of well-being you focus on can vary and self-care may not always look the same for you depending on life circumstances. Knowing types of self-care categories and the related activities will provide you with a better awareness of options when you are exploring solutions to improve your self-care habits.



## PHYSICAL SELF-CARE

Activities done for physical well-being. Being active, making food choices, meal planning and prep, and proper sleep. Also, going to a doctor for wellness and preventive visits and when you think you're sick

## EMOTIONAL SELF-CARE

Activities done to find outlets for your feelings. Relaxation techniques, listening to music, landscape or gardening for some. Other may prefer talking with a counselor or trusted friend

## SPIRITUAL SELF-CARE

Exploring and expressing our beliefs, morals and values. It may mean connecting with a larger purpose by observing nature or religious acts like praise, worship, prayer or reading scripture.

## INTELLECTUAL SELF-CARE

Finding opportunities to engage your critical thinking, grow knowledge and stimulate your mind. It might include advancing your knowledge and skills or career development, continuing education and hobbies.

## SOCIAL SELF-CARE

Nurturing relationships. Immediate family, neighbors, friends, coworkers, church members, community, support and online groups. Activities involve your communications, relational skills and personal boundaries

## SAFETY & SECURITY SELF-CARE

Activities done to stabilize your personal, environmental and financial security. Access to healthcare and coverage is an impactful component