



## SELF CARE 101

*Start your week the right way  
with these 5 Types of Self-Care*

# 5 Types of Self-Care

## PHYSICAL SELF-CARE

A huge component to self-care is taking care of our bodies, but it doesn't have to be a vigorous work-out routine. It should be something you enjoy that makes you feel good. It could be a workout routine, yoga, a daily walk, and choosing healthier options that make you feel good.

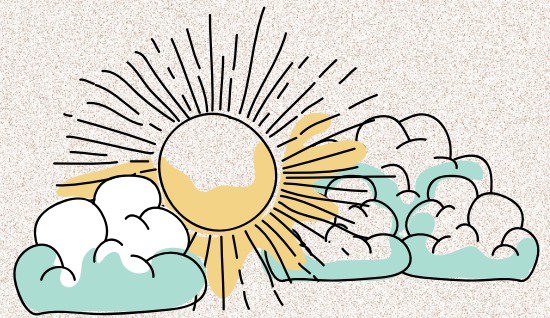


## EMOTIONAL SELF-CARE

Part of self-care is checking in with your emotions and staying in tune with them. Be mindful of burnout so you don't allow yourself to get there. Some helpful emotional self-care is: meditating, journaling, and expressing yourself creatively. This can include drawing, photography, and painting.

## SPIRITUAL SELF-CARE

Part of self-care is checking in with your emotions and staying in tune with them. Be mindful of burnout so you don't allow yourself to get there. Some helpful emotional self-care is: meditating, journaling, and expressing yourself creatively. This can include drawing, photography, and painting.



## SOCIAL SELF-CARE

Connection is a huge aspect of self-care. Social self-care can include face-timing, or calling a family member or friend. Meeting new people, getting involved with a community event such as sports or volunteering.

## SENSORY SELF-CARE

Sensory self-care can help build the senses and strengthen sight, touch, smell, and sound. By staying in-tune with your senses you can be present in the moment. Sensory self-care can include burning your favorite candle, listening to music, feeling the sand on your toes, and smelling your favorite food or drink.

