

# 8 Types of Self-Care

## Physical Self-Care

Sleep  
Nutrition  
Hydration  
Movement  
Medical care  
Medications  
Oral hygiene  
Reducing alcohol/cigarettes  
Deep breathing  
Body scans  
Massage



## Social Self-Care

Time with friends  
Time with family  
Building a support system  
Setting healthy boundaries  
Communicating needs  
Asking for help  
Saying no  
Curating social media  
Volunteering  
Doing favors  
Time to yourself



## Personal Self-Care

Setting personal goals  
Identifying personal values  
Finding what you like/dislike  
Necessary tasks (ex: appointments)  
Letting go of unnecessary tasks  
Appearance (haircuts, clothing, etc.)  
Authenticity  
Hobbies  
Journaling  
Fun



## Emotional Self-Care

Healthy coping skills  
Self-compassion  
Eliminating unnecessary stressors  
Taking time to de-stress  
Making space for difficult emotions  
Unplugging from tech/social media  
Humor/laughter  
Gratitude  
Therapy



## Spiritual Self-Care

Reading spiritual texts  
Attending spiritual services  
Praying  
Mindfulness  
Meditation  
Time in nature  
Self-reflection



## Spatial Self-Care

Save living environment  
Safe working environment  
Organizing your space  
Cleaning/decluttering your space  
Decorating your space



## Financial Self-Care

Paying bills  
Creating a budget  
Sustainable spending  
Saving for emergencies/life goals  
Splurging  
Financial boundaries



## Work Self-Care

Not responding to emails/texts after hours  
Not doing work tasks after hours  
Taking breaks/lunches  
Time management  
Negotiating for your needs (pay, benefits)  
Recognizing burnout

