

《《 TYPES OF SELF-CARE 》》

PHYSICAL



- Sleep
- Stretching
- Walking
- Healthy Food
- Physical Release
- Yoga
- Rest

EMOTIONAL



- Stress Management
- Emotional Maturity
- Forgiveness
- Compassion
- Kindness

SOCIAL



- Boundaries
- Support System
- Positive Social Media Communication
- Friend Time
- Ask for help

SPIRITUAL



- Time Alone
- Meditation
- Prayer
- Scripture
- Nature
- Journaling
- Music
- Sacred Space

PERSONAL



- Hobbies
- Creativity
- Goals
- Finding You Identity
- Honoring Your True Self

SPACE



- Safety
- Healthy Living environment
- Security
- Stability
- Clean Space
- Organized Surroundings

FINANCIAL



- Saving
- Budgeting
- Money Management
- Splurging
- Paying Bills

WORK



- Time Management
- Work Boundaries
- Positive Workspace
- More Learning
- Breaks