

# How to Self-Care Effectively

The best way to practice self-care is to know what are the types, ask yourself to find what you need and know what works for you.



## Physical Self-Care

Includes taking care of your body. Ask yourself:

- Are you getting adequate and restful sleep?
- Are you fueling your body well with the right diet?
- Are you taking charge of your health by having regular checks?
- Is your body getting enough exercise?

## Social Self-Care

Includes cultivating and maintaining close relationships. Ask yourself:

- What activities are you doing to nurture relationships with friends and family?
- Do you set aside some time to be with peers to have fun?
- How are you most comfortable building social connections? Face-to-Face or online?



## Mental Self-Care

Includes doing things that keep your mind sharp and mentally healthy. Ask yourself:

- Are you doing activities that mentally stimulate you?
- Are you being kind to yourself?
- What do you do to prevent burnout or stress?

## Spiritual Self-Care

Includes anything that helps you develop a deeper sense of meaning. Ask yourself:

- Are you involved in spiritual practices that you find fulfilling; i.e. religion?
- What activities do you do to nurture your spirit or connect to the universe?
- What questions do you ask yourself about life and experiences?



## Emotional Self-Care

Includes acknowledging and expressing your feelings regularly and safely. Ask yourself:

- Do you practice healthy ways to process emotions regularly i.e. talking to friends and family?
- Do you have self-awareness of what makes you happy or anxious?
- Do you incorporate activities that makes you feel recharged?