

The Dimensions Of Self-Care



PHYSICAL

Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress and your dental/medical check-ups.

Spiritual self-care involves the beliefs and values that guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life.



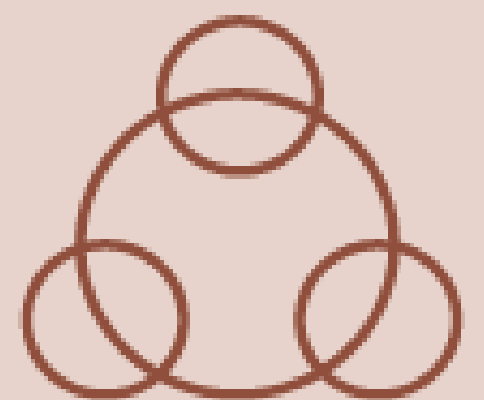
SPIRITUAL



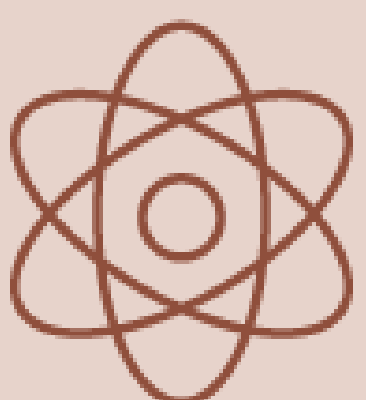
EMOTIONAL

Emotional self-care involves awareness of your feeling and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and love for ourselves and others.

Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.



SOCIAL



INTELLECTUAL

Intellectual self-care involves your personal growth, continuous pursuit of learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.