

Psychological

1. Go to therapy
2. Practice mindfulness
3. Read a self-help book
4. Learn a new skill
5. Join a support group

Emotional

1. Speak positive affirmations
2. Laugh more
3. Practice gratitude writing
4. Cry when necessary
5. Spend time with loved ones

SELF-CARE DIMENSIONS Part 1

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Spiritual

1. Pray and/or meditate
2. Go to a church service
3. Set time for devotional reading
4. Explore nature more
5. Self-reflect by journaling

Social

1. Do volunteer work
2. Eliminate toxic relationships
3. Go on lunch dates with friends
4. Ask for help when in need
5. Attend social events

Physical

1. Try a new work out
2. Take a walk
3. Drink more water
4. Prepare more healthy meals
5. Get enough sleep

Professional

1. Take full lunch breaks
2. Utilize your break time
3. Set professional boundaries
4. Don't work during time off
5. Take mental health days

SELF-CARE DIMENSIONS Part 2

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Environmental

1. Recycle, reuse, and reduce
2. Declutter home/office space
3. Develop good cleaning habits
4. Place plants in your home
5. Invest in more natural products

Financial

1. Create daily/weekly budgets
2. Utilize coupons & sales
3. Be mindful and track spending
4. Break down income/expenses
5. Meet with a financial advisor

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