



Emotional, Physical, & Spiritual Self-Care

It's so easy to put our self-care on the back burner, particularly when life is full or feels hard. If you need some reinforcement, here is a list of self-care tips for taking care of your mind, body, and soul.

Emotional Self-Care

- Spend time with the others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Find ways to increase your sense of self-esteem
- Reread favorite books, re-view favorite movies
- Seek out comforting activities, objects, and people
- Allow yourself to cry
- Find things to make you laugh

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you
- Try to meditate
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe

Physical Self-Care

- Eat regularly (breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini vacations
- Make time away from electronics
- Know your unhealthy behaviors
- Recognize your triggers
- Avoid drugs and excess alcohol
- Avoid binge eating and or purging
- Avoid cigarettes and other tobacco products
- Seek help for a healthy lifestyle

Remember: It can be helpful to notice events or feelings that precede the tendency to turn to habits that are unhealthy.