

Self-care, how are you looking after you

This tool will help you pause and reflect on you. Take some time and consider the questions the questions below. Self-care is essential to helping you maintain and thrive, especially during changing times.

Physical

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest

Emotional

Stress management
Emotional intelligence
Forgiveness
Compassion
Kindness

Social

Boundaries
Supportive systems
Positive social media
Communication
Asking for help

Spiritual

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Appreciation

What are you doing as acts of self-care?

What one thing from each area would you like to do more of?

What action(s) are you willing to commit to?