

SELF CARE - Categories

Physical Self-Care				
Eat healthy foods				
Take care of personal hygiene				
Exercise				
Wear clothes that help me feel good about myself				
Eat regularly				
Participate in fun activities (e.g. walking, swimming, dancing, sports)				
Get enough sleep				
Go to preventative medical appointments (e.g. checkups, teeth cleanings)				
Rest when sick				

Psychological / Emotional Self-Care				
Take time off from work, school, and other obligations				
Participate in hobbies				
Get away from distractions (e.g. phone, email, social media)				
Learn new things, unrelated to work or school				
Express my feelings in a healthy way (e.g. talking, creating art, journaling)				
Recognize my own strengths and achievements				
Go on vacations or day-trips				
Do something comforting (e.g. re-watch a favorite movie, take a long bath)				
Find reasons to laugh				
Talk about my problems *(in a way that is empowering)				
Overall psychological and emotional self-care				

Social Self-Care				
Spend time with people who I like				
Call or write to friends and family who are far away				
Have stimulating conversations				
Meet new people				
Spend time alone with my romantic partner				
Ask others for help, when needed				
Do enjoyable activities with other people				
Have intimate time with my romantic partner				
Keep in touch with old friends				
Overall social self-care				

Spiritual Self-Care				
Spend time in nature				
Meditate				
Pray				
Recognize the things that give meaning to my life				
Act in accordance with my morals and values				
Set aside time for thought and reflection				
Participate in a cause that is important to me				
Appreciate art that is impactful to me (e.g. music, film, literature)				
Overall spiritual self-care				

Professional Self-Care				
Improve my professional skills				
Say "no" to excessive new responsibilities				
Take on projects that are interesting or rewarding				
Learn new things related to my profession				
Make time to talk and build relationships with colleagues				
Take breaks during work				
Maintain balance between my professional and personal life				
Keep a comfortable workspace that allows me to be successful				
Advocate for fair pay, benefits, and other needs				
Overall professional self-care				

1. Go through worksheets and see how you fare as a “questionnaire” across different sections
2. Personalize for own self care specific to you over the 5 different categories; pick top 3-5 activities under each section
3. Pick top 2-3 things will focus on introducing/increasing in life NOW as a small step forward