

SELF-CARE

Self-care is the practice of taking active steps to preserve and improve your mental, emotional, and physical health.

Physical Self-Care
Examples: Exercise, healthy eating, sleep, hydration.

Emotional Self-Care
Examples: Journaling, emotional expression, setting boundaries.

Mental Self-Care
Examples: Cognitive exercises, mindfulness, seeking professional help when needed.

Social Self-Care
Examples: Connecting with friends, maintaining relationships, community involvement.