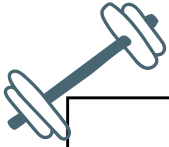


Name:

Date:

# HOLISTIC SELF CARE

Ways to incorporate Self Care for overall wellbeing.



## Physical

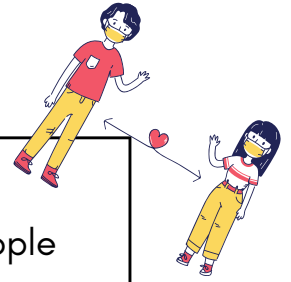
Eat healthy foods  
Maintain personal hygiene  
Wear clothes that I feel good in  
Rest when sick  
Exercise

## Mental/Emotional

Take time off  
Find reasons to laugh  
Talk about what's bothering me  
Express my feelings through art  
Learn something new

## Social

Meet new people  
Ask for help  
Spend quality time with someone special  
Call someone I miss



## Spiritual

Meditate  
Pray  
Volunteer for a cause that is important to me  
Make decisions that reflect my values  
Spend time in nature



## Professional

Say "no" to excessive responsibility  
Take breaks  
Keep a comfortable workspace  
Advocate for my needs



Three Self Care behaviors that I will engage in this week: