

# **Types of Self-Care & Ideas**

## **Physical Self-Care:**

- Exercise
- Nutrition
- Sleep & Rest
- Skincare (Face mask)
- Bubble Bath or Shower

## **Emotional Self-Care:**

- Therapy
- Journaling
- Being creative
- Watch a feel-good movie
- Read an inspiring book
- Care for plants

## **Social Self-Care:**

- Set boundaries
- Talk to a friend or loved one
- Ask for help
- Follow inspiring accounts
- Take a break from your phone

## **Spiritual Self-Care:**

- Meditation
- Yoga
- Mindfulness
- Alone time
- Escape to nature

## **Personal Self-Care:**

- Practice Self-Love
- Hobbies
- Affirmations
- Set goals