



# COMPASSION WITHOUT COLLAPSE: THE SELF-CARE EQUATION



# What is Self-Care?

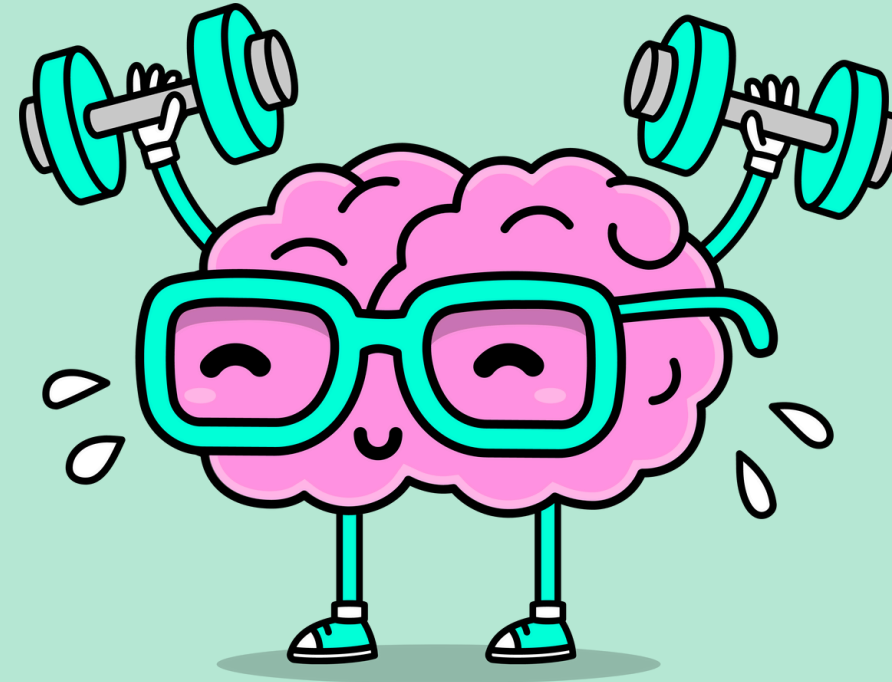
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Self-care is the practice of taking care of physical, mental, emotional, and spiritual aspects of your life to promote health and wellness.



# SELF-CARE

## Awareness



## What Self-Care Actually is:

- Prioritizing one's physical and mental health
- Eating a healthy diet
- Finding exercise activities that you enjoy and participating in them regularly
- Getting an adequate amount of good-quality sleep
- Following treatment plans for existing conditions accordingly
- Taking time out for yourself to participate in healthy activities you enjoy

## Importance of Self-Care

Self-care is important because if you adopt the right techniques to care for yourself, you will be able to reap the benefits, such as better physical and mental health, the prevention or better management of disease, and better personal and workplace relationships

## People Think Self-Care is:

- Retail Therapy
- Binge-eating unhealthy your favorite foods
- Going on expensive and lavish vacations
- Spa day
- Numbing bad feelings using substances
- Binge-watching television

*Self-Care is not Selfish*

# FIVE DOMAINS OF SELF-CARE

1

## Physical

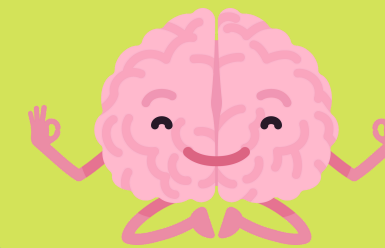
Sleep Habits, exercise, how you manage stress, physical/dental health



2

## Mental

Engaging in new things, practicing mindfulness, continuously want for learning and growing, positive mindset



3

## Spiritual

Practices that help nourish your soul, seek understanding and explore your spiritual life



5

## Emotional

Awareness of your feelings and emotions, dealing with stress positively

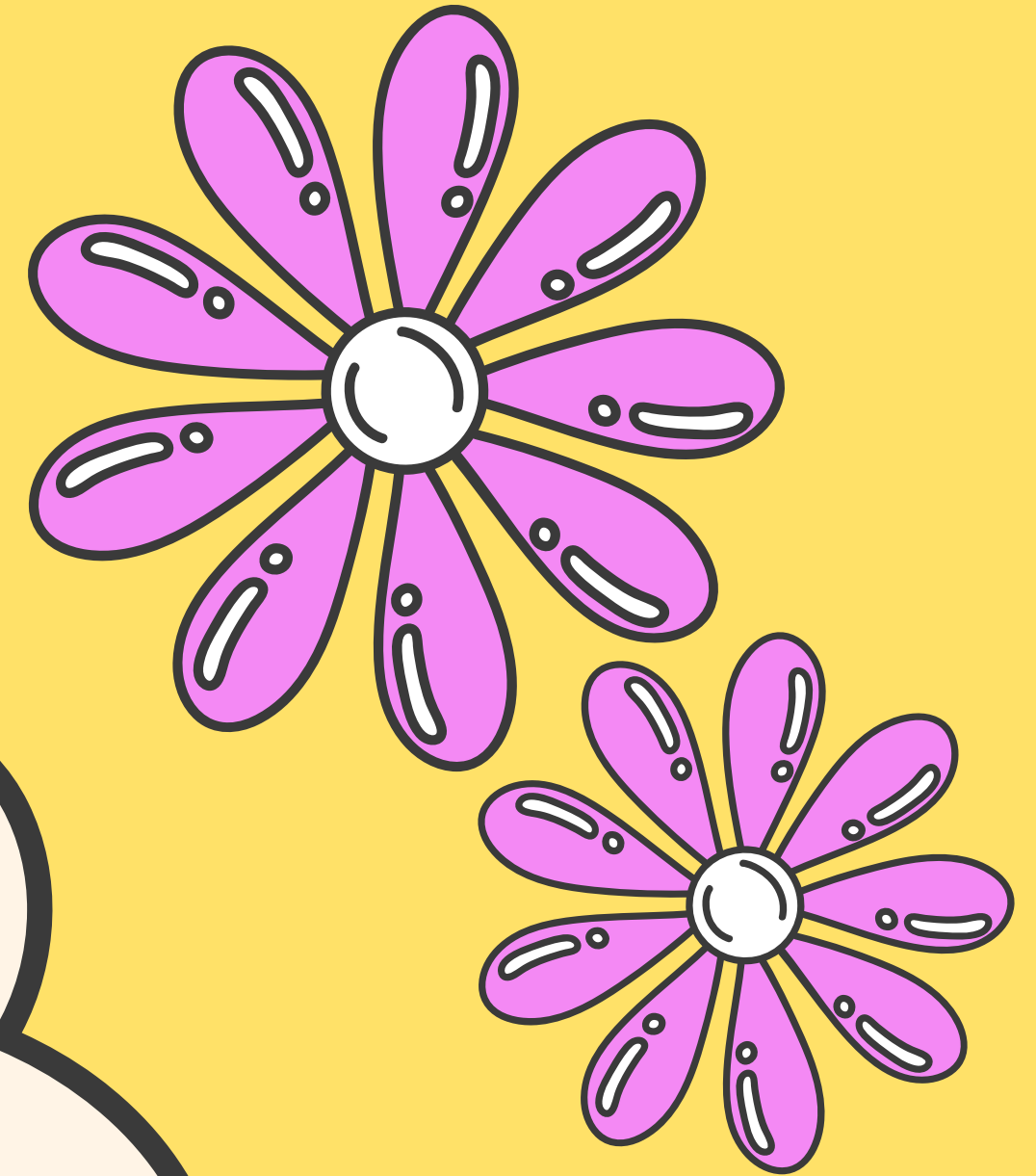
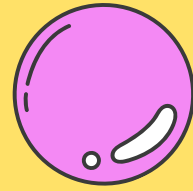
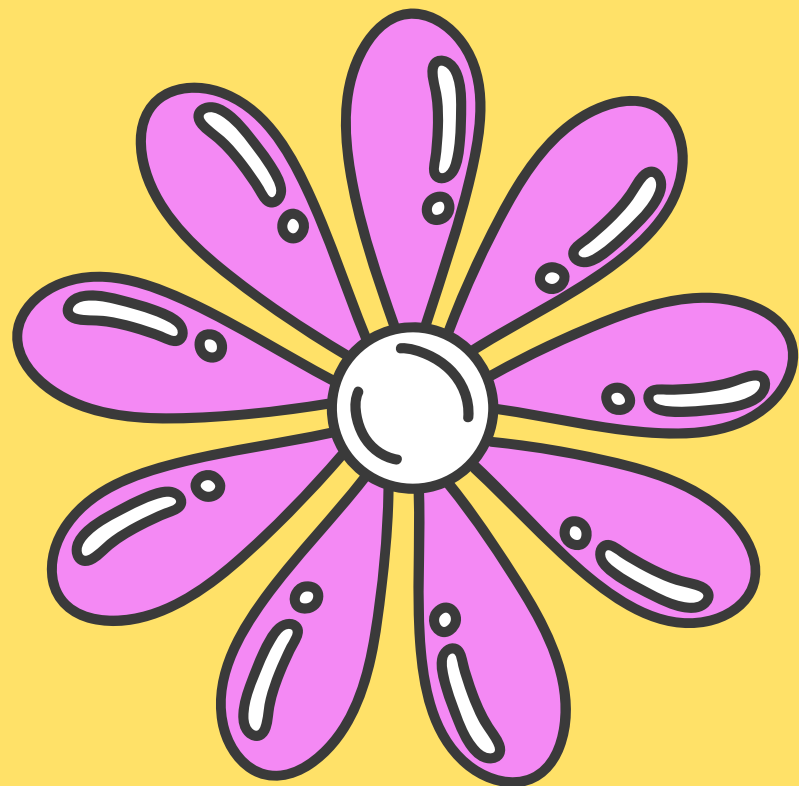


4

## Social

Having a network of people that you can turn to when you need uplifting, guidance or someone to talk to.





# Ways to Incorporate Self-Care into Your Daily Life

## PERSONAL GROWTH AND LEARNING



## PURSuing PASSION PROJECTS



## BUILDING RELATIONSHIPS



## HEALTH AND WELLNESS



## GIVING BACK AND VOLUNTEERING



## RELAXATION AND RECREATION

