

WHAT DOES SELF CARE MEAN TO YOU?





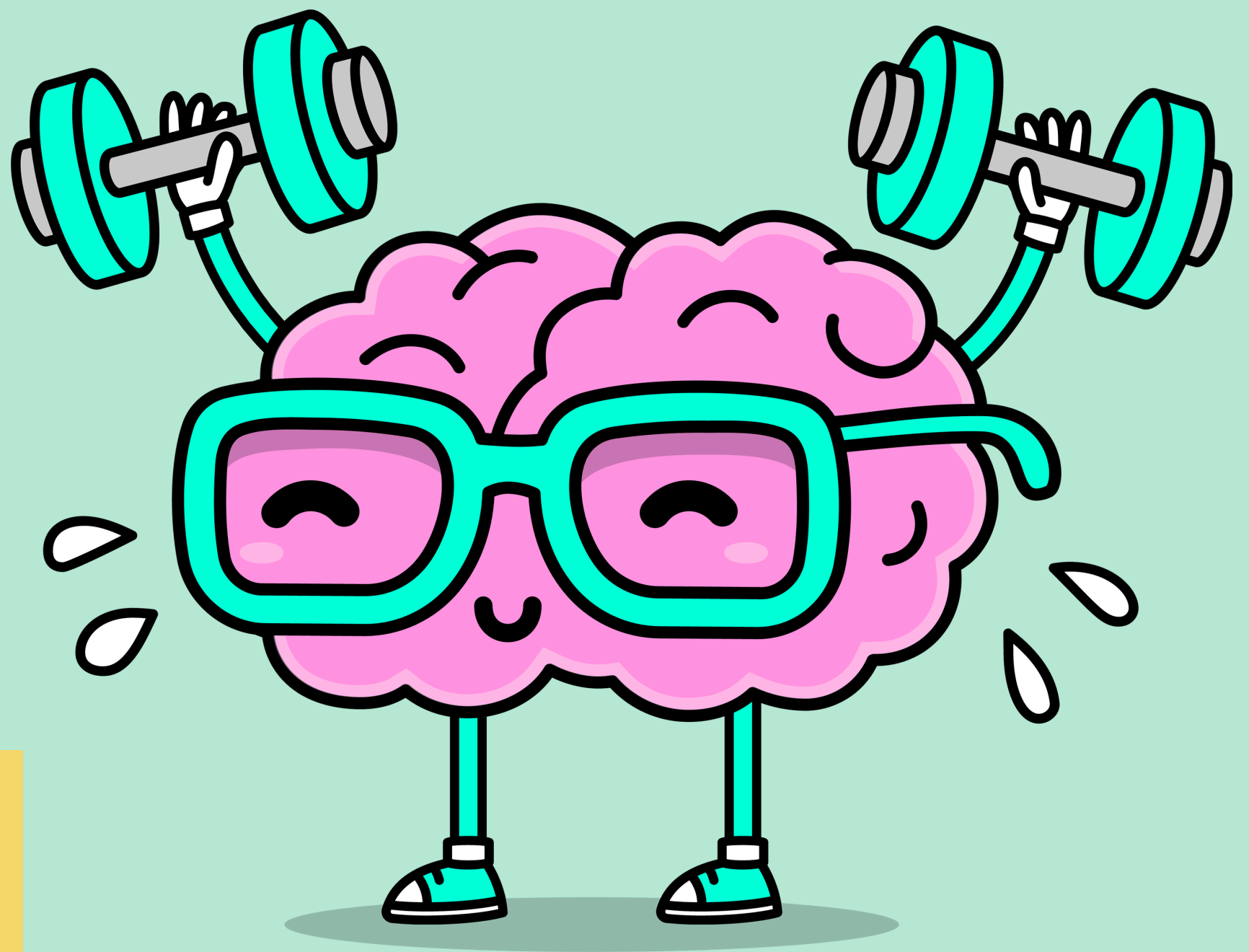
What is Self-Care?

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



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 alcohol or illicit substances

Binge-watching television

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

*Self-Care is not
Selfish*

**Write possible strategies you
could use for each of the five
domains of self-care**

1

Physical



2

Mental



5

Emotional



Social

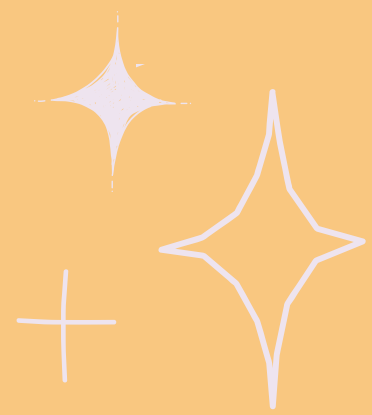


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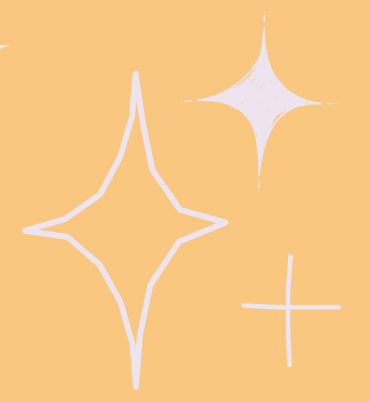
Spiritual



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SELF CARE



\\
DO'S

\\
DONT'S

1

1

2

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