

3 things to do daily to support Self Care

Choose items that are realistic for what you can do.

Why make a plan?

It is important to identify what helps you, creating a plan makes it easier to follow through and holds you accountable.

"If you want deeply rooted change, you need to apply deeply rooted methods."

- J. Goldstein

How I can tell I am not practicing Self Care

Self Care suggestions

Remember to choose items that are realistic for what you can do.

Physical

Exercise
Dance
Proper Diet
More Water
Good sleep hygiene
Bike ride
Walk dogs
Go for a hike

Social

Call a friend
Play a game with family
Volunteer
Have family dinner
Plan an outing
Get out of the house
Join a group
Take time to yourself

Mental/Emotional

Positive Self-Talk
Mood journal
Therapist
Music
Learn something new
Watch a movie

Spiritual

Prayer/Meditation
Yoga
Guided Imagery
Connect with nature
Read scripture
Attend a service

To heal, help, & inspire hope