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

To heal, help, & inspire hope
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 move

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

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