

DAILY SELF-CARE

Sometimes, we get so caught up in our responsibilities that we forget to check in and take care of ourselves. Self-care is taking care of ourselves so we can be the best version of ourselves. There are four main areas of self-care:

1. **Physical:** this includes things like exercise, eating healthy, drinking water, getting enough sleep, showering, and going to the doctor.
2. **Emotional:** this includes allowing ourselves to feel our emotions and learning healthy ways to express them, such as journaling, art, or talking to a friend.
3. **Social:** this includes spending time with family, friends, and other people we care about. This can be in person or digital communication.
4. **Spiritual:** this includes anything that we feel gives life essence or meaning. This could be practicing religion or meditation, and can also include spending time in nature, volunteering to help the community, or practicing gratitude.

We want to make sure that we are taking care of each area of ourselves every day. While some people might feel like it's selfish to set aside time just to take care of ourselves, research has shown that people who practice self-care daily are overall less stressed, less overwhelmed, and more productive. Everyday, remember to ask yourself:

WHAT CAN I DO FOR SELF-CARE TODAY?

WHAT CAN I DO FOR SELF-CARE THIS WEEK?

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

 Physical	 Emotional	 Social	 Spiritual

Date:

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