



## Purpose

Self-care can be instrumental in creating space to take care of yourself and your needs. Whether it's a specific activity, task, or even a quiet moment of reflection, the way you practice self-care is going to be individual to your own needs. The information below explores the eight areas of self-care that you can practice and implement into your life.

## Information

### **Physical Self-Care**

In the simplest terms, physical self-care is taking care of your physical health. This includes your sleep, eating, and exercise habits. Physical self-care is essential as it helps with maintaining your overall health. Some forms of physical self-care are eating healthier, going on walks, getting adequate sleep, and even taking time off from work if you feel overworked or burnt out.

### **Emotional Self-Care**

Emotional self-care helps you practice becoming aware of your thoughts and emotions and accepting your feelings as usual. Emotional self-care is vital as it allows you to work towards developing appropriate coping skills. You can begin practicing emotional self-care by being mindful of how you speak to or about yourself and prioritizing your own needs.

### **Social Self-Care**

The premise behind social self-care is that you take time to socialize, communicate, and enjoy your time with others. Effectively communicating or working through conflict is also a form of social self-care. Examples of social self-care are going out to lunch with friends or taking time to spend with your partner.

### **Spiritual Self-Care**

While spiritual self-care sounds like it is based on religion or faith, you can practice this form of self-care, whether religious or faith-based. The idea behind spiritual self-care is to understand your meaning in life and find peace within yourself. You can practice spiritual



self-care by meditating, taking time to reflect on your purpose, or practicing worship and religious activities.

## **Environmental Self-Care**

With environmental self-care, there are a few different outlooks. However, all the perspectives come down to understanding the environment around you and ensuring that you take care of your surroundings. This can mean that you are taking time to connect with nature or keeping a clean and safe home or workspace.

## **Professional Self-Care**

Professional self-care is about practicing healthy habits in your work life and finding a balance between work and home. While it can be challenging at times, having healthy boundaries with your work can be essential for your overall mental and physical wellness. Some forms of professional self-care are talking openly about your needs in the workplace or taking breaks for lunch, where you have time to break from your workload fully.

## **Financial Self-Care**

While many people find their finances stressful, financial self-care is about becoming knowledgeable about your finances and deciphering between what is in your control or not. When practicing financial self-care, you can learn that while finances are a large part of everyone's life, it does not need to be the most significant part of your life. Some ways you can practice financial self-care are creating a budget or speaking to a financial advisor.

## **Psychological Self-Care**

Unlike physical health care, which takes care of your overall health, psychological self-care is taking care of your mind. The way that you might practice psychological self-care is dependent on a few different factors. For example, for someone diagnosed with mental illness, psychological self-care may look like taking your medication on time each day or following the prescription as it is written. Other ways to practice psychological self-care could be addressing negative thoughts or emotions that leave you feeling exhausted or overwhelmed.



## Sources:

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