



# DAILY SELF CARE

Self-care means taking time to do things you enjoy. Usually, self-care involves everyday activities that you find relaxing, fun, or energising. These activities could be as simple as reading a book, or as big as going on a holiday. Self-care does not just cover one area of your life. Instead it means taking care of yourself and prioritising your health physically, mentally, emotionally, socially and spiritually.

Complete the check list below to evaluate in what areas you are prioritising your self care, and what areas may need some additional attention.

## EMOTIONAL

- Participate in hobbies
- Get away from distractions (e.g. phone)
- Learn new things
- Express my feelings through art
- Regularly communicating with family/ friends
- Find reasons to laugh
- Watching an enjoyable movie
- Go on holidays or day trips
- Recognising/celebrating your achievements
- Other\_\_\_\_\_

## PHYSICAL

- Eat healthy foods
- Look after personal hygiene
- Regular exercise
- Do enjoyable activities
- Getting good quality sleep
- Get regular health checks
- Taking time off/resting
- Stretching/relaxation exercises

## SPIRITUAL

- Spend time in nature
- Meditate
- Pray
- Act in accordance with my values
- Set aside time for thought and reflection
- Participate in a cause that is important to me

## SOCIAL

- Spend time with people I like
- Make a phone call to a friend
- Have stimulating conversations
- Meet new people
- Spend time with my friends
- Ask others for help when needed
- Try a new class or activity

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