

# Emotional, Spiritual & Physical Self-Care



It's so easy to put our self-care on the back burner, particularly when life is full or feels hard. In case you need some reminders, here is a list of self-care tips for taking care of your mind, body, and soul.

## Emotional Self-Care

- Spend time with the others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Find ways to increase your sense of self-esteem
- Reread favorite books, re-view favorite movies
- Allow yourself to cry
- Find things to make you laugh
- Play with children

## Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of non material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)

## Physical Self-Care

- Eat regularly (breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Wear clothes you like
- Make time away from electronics
- Know your unhealthy behaviors and watch for their return
- Recognize your triggers
- Notice the events or feelings precede the tendency to want to turn to habits that are unhealthy
- Avoid drugs and excess alcohol
- Avoid binge eating and or purging
- Avoid cigarettes and other tobacco products
- Seek help for a healthy lifestyle

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