

Physical Self-Care

Mental Self-Care

Emotional Self-Care

# SELF-CARE

When I have some time for self-care, I can choose from one of these activities.

Social Self-Care

Spiritual Self-Care

Environmental Self-Care

Intellectual Self-Care

Financial Self-Care

These are some examples of activities that can go in each category.

**Social Self-Care**

Call a friend

**Mental Self-Care**

Therapy

**Emotional Self-Care**

Journal

**Spiritual Self-Care**

Meditate

**Environmental Self-Care**

Clean

**Intellectual Self-Care**

Read

**Financial Self-Care**

Budget

**Physical Self-Care**

Nutrition