

SELF - CARE

Self-care is the intentional practice of taking time to nurture your body, mind, and spirit so you can stay balanced, healthy, and resilient in daily life



TYPES OF SELF - CARE

Physical Self-Care

Taking care of your body through rest, exercise, balanced nutrition, and proper medical check-ups

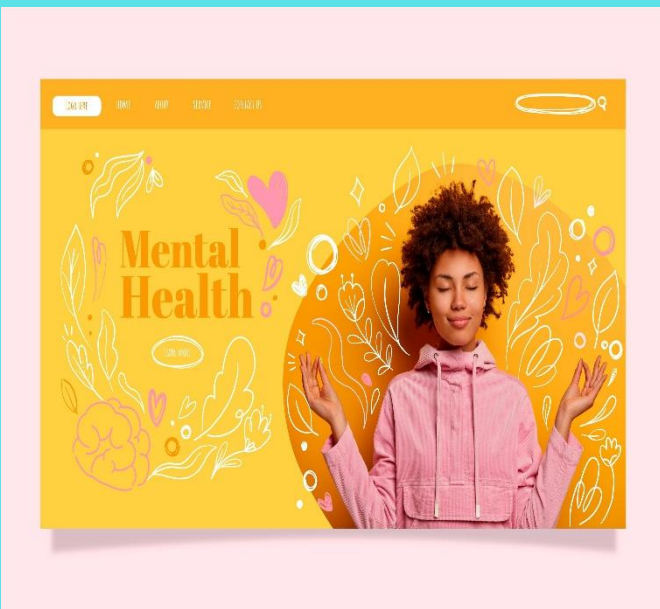
Emotional Self-Care

Understanding and expressing your emotions in healthy ways. This includes journaling, talking to trusted people, or practicing mindfulness



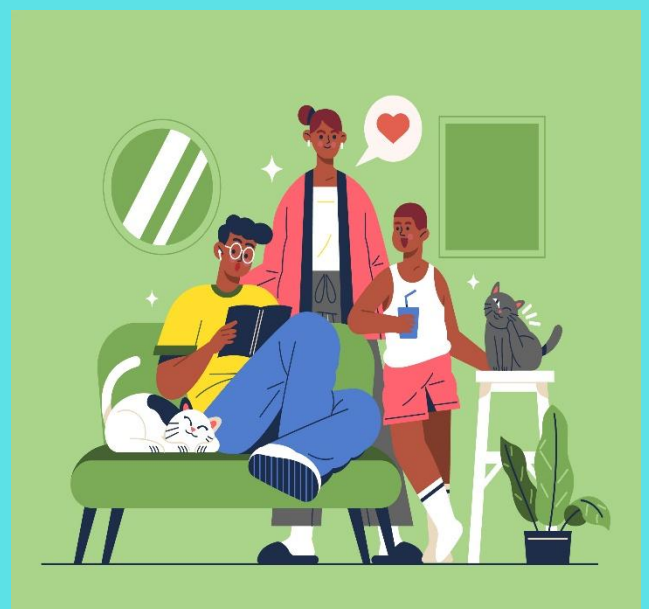
Mental Self-Care

Engaging your mind in activities that promote growth and clarity such as reading, learning, problem-solving, or relaxation techniques



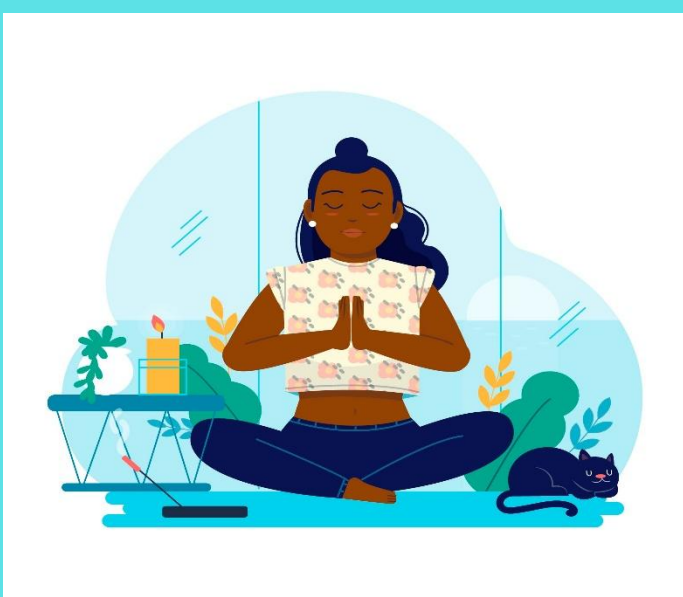
Social Self-Care

Building healthy relationships and surrounding yourself with people who uplift and support you. Quality time, boundaries, and meaningful connections are key



Spiritual Self-Care

Connecting with your inner self and values. This may include prayer, meditation, nature walks, or any activity that gives life meaning and peace.



"You can't pour from an empty cup — take care of yourself first."