



Self-care is important and requires checking in with yourself and asking yourself how you're doing physically, mentally, and emotionally.

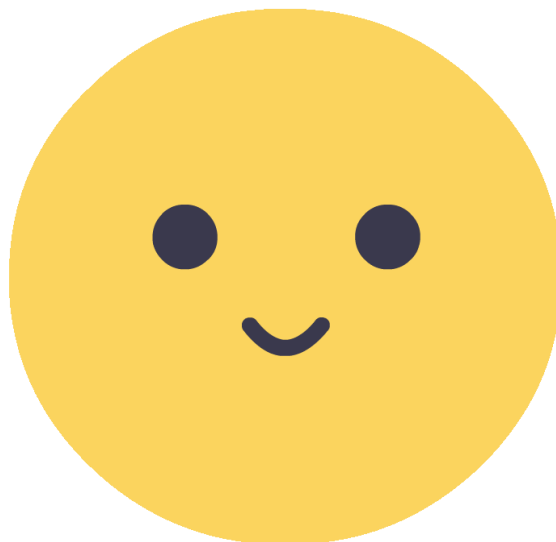
Self-care is not self-indulgence or being selfish.

Self-care does not have to cost anything.

Self care doesn't need to take much time.

It's just doing things you enjoy or feel fulfilled from.

3 Types of Self Care with Examples



Emotional: This can be anything from weekly bubble baths, saying “no” to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend.



Physical: Prioritising sleep, adopting an exercise routine you can stick with, or choosing healthy and nourishing foods over highly processed ones are just a few ways you can care for yourself physically.



Spiritual: This doesn't mean being religious, it can include; spending time in nature, meditating, incorporating regular acts of kindness into your day, or even just keeping a gratitude journal.

Self-care can be life-changing! You'll be amazed at how great you feel when you focus on your well-being.