

# Self Care Ideas

## Physical Wellbeing

- Regular exercise
- Eating healthy
- Stress management
- Adequate sleep
- Hygiene
- Regular health check-ups
- Posture awareness
- Limited substance use
- Rest and relaxation
- Regular stretching

## Mental & Emotional Wellbeing

- Mindfulness and meditation
- Journaling
- Therapy or counseling
- Positive affirmations
- Developing positive coping mechanisms
- Gratitude practice
- Seeking support
- Setting boundaries
- Expressing appreciation

## Social Wellbeing

- Quality time with loved ones
- Open communication
- Building new friendships
- Joining clubs
- Volunteering
- Attending social events
- Recognizing when alone time is required
- Conflict resolution
- Setting boundaries
- Digital connections
- Expressing appreciation

## Spiritual Wellbeing

- Meditation
- Mindfulness
- Prayer
- Journaling
- Attending regular religious services
- Acts of kindness
- Gratitude practice
- Nature connection