

# 5 ELEMENTS OF SELF-CARE

to keep you physically and emotionally healthy

What activity give you energy and what activity bring you relaxation? List what self-care that you like and already do as many as you have. Add one or two you want to add to your repertoire.

## Physical

it focuses on your body including physical exercise, nutrition, resting, medication, massage.

## Emotion

it focuses on your feelings including reading healing poems and books, expressing feelings through art, writing, talking, talking kind words to self, working with therapist/counselor.

## Social

it focuses on your relationship with others including going out with friends, calling up friends or family, attending support group or mommy and me group, having quiet time with yourself.

## Spiritual

it focuses on your thoughts and belief about things happens and world. Activities includes reading spiritual books, meditating, writing.

## Fresh air

it focuses on interacting with nature around you, including getting sun light, breathing fresh air, opening windows to get fresh air, taking time to observe sunset, listening to birds and wind.