



Self-care: *noun*/the practice of taking an active role in protecting one's well-being and happiness, particularly during periods of stress.

5 Domains of Self-Care & Some Ideas to Get Started

Mental: Learning new concepts and expanding your knowledge; involves balancing when to stretch your mind and when to give your mind a break and free it from excessive worry:

[Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.](#)

[Stress less info and activities](#)

Physical: Sleep and exercise habits, nutrition, stress management, and routine doctor and dental visits work together to support physical health. When our body is cared for so is our mind! Yoga is a great way to support your physical health and can have added benefit of feeding your spiritual and emotional health as well! [Beginner Yoga video](#)

Social: Having a supportive social network and social connection helps create a sense of community and belonging. Getting social not only benefits you, but also the people with whom you're being social.

[Bruno Mars/Count on Me](#)

[Article on the importance of friendship](#)

[TEDX New Definition of Friendship/The Roseto Effect.](#)

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Emotional: Understanding ourselves and our emotions allows us to cope with challenges and helps develop a greater sense of kindness and compassion for self and others.

[Leave yourself some positive affirmations](#)

Spiritual: Nourishing your soul and connecting to your values and beliefs can enhance life's meaning and purpose: [One minute guided meditation](#)



**No time for self-care? Try some of these! Some take almost no time at all!
Can you identify which domain is represented in each?**

Hint: Since there is no right or wrong way to practice self-care, there is no wrong answer! Self-care strategies often overlap between domains, so take advantage of the added benefit of “double-dipping”. Feel free to add your own.

Reading a book Taking a class Listening to music Eating foods that nourish

Going on a nature walk Trying meditation Volunteering at a local organization Laughing out loud

Dancing to your favorite song Getting enough sleep Practicing yoga Calling an old friend

Making a new friend Listening to a podcast Creating a gratitude list Seeing a counselor

Saying NO Saying YES Giving yourself positive affirmations Working out Giving a hug

Journaling Writing a letter to yourself Petting a dog Stargazing Bird watching Getting a massage

*Which ones are your go-to self-care favorites? Which ones would you like try? What would you like to add to the list?

Self-care you actually have time for: <https://pageflutter.com/self-care-activities/>

Especially for guys:

<https://www.activeminds.org/blog/mens-health-month-prioritizing-self-care-by-your-own-standards/>

Want more self-care? Check out these great links:

Listen: <https://beyondthetodolist.com/319>

<https://www.verywellmind.com/20-best-self-help-podcasts-to-listen-to-in-2019-4771309>

Watch: [Oprah on “Keeping your cup full”.](#)

— [Self-care action plan](#)

Read: [Men and self-care](#)

[The Daily Zen Journal](#)

[More on mindfulness](#)

Do: [Self-care journal](#)

[Start a gratitude journal](#)

[Write a letter to yourself and read it when you need it](#)



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY.
NOT A LUXURY.