

7 Categories of Self-Care

Emotional self-care

Emotional self-care is identifying, accepting, and expressing a range of feelings. Find outlets for your feelings like dancing, playing music, singing, drawing, or watching a movie that will allow you to express how you're feeling.

Physical self-care

Physical self-care involves being active, taking care of your physical health, and your well-being. It means moving your body & listening to it and its cues. It can also mean going to the doctor and getting a good night's sleep.

Spiritual self-care

Spiritual self-care is searching for understanding and meaning in life. It's exploring and expressing your own beliefs and values. It can include finding your place in the world and connecting to a larger purpose.

Intellectual self-care

Intellectual self-care involves critical thinking and exploring new ideas and your creativity. It might be reading about something that interests you, watching a documentary, or listening to a podcast. This is anything that expands your knowledge.

Relational self-care

Relational self-care is strengthening relationships with the people you often see and feel closest to. When we spend time interacting with those we are closest to, it helps us conquer stress and life challenges.

Safety & security self-care

Safety & security self-care means being proactive about ensuring our personal safety. It might mean planning in case of a fire or natural disaster or memorizing your phone number or address in case of emergency; however, it might also mean managing your finances, securing health insurance, and knowing what you need to be & feel safe.

Self-Care Worksheet

Write down ways you will practice self-care using the 7 categories.



Daily self-care:

Weekly self-care:

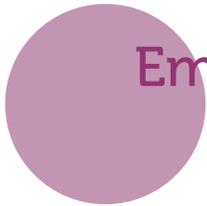
Monthly self-care:

Seasonal self-care:

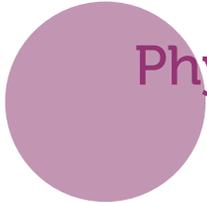
Yearly self-care:

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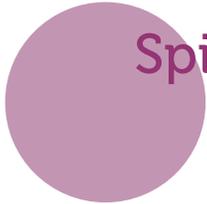
Write down ways you can practice self-care within the 7 categories.



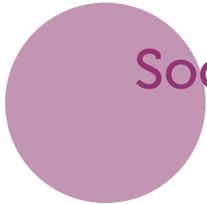
Emotional



Physical



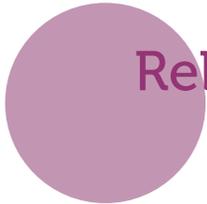
Spiritual



Social



Intellectual



Relational



Safety & Security