

SELF CARE TIPS

Self Care refers to selected actions that restore balance
in our personal and professional lives

Physical

Emotional

Spiritual

Mental



PHYSICAL

- Engage in enjoyable exercise
- Get enough sleep (7 Hours)
- Eat nourishing foods
- Practice mindful breathing
- Take your pet for a walk
- Enjoy time in nature
- Stay hydrated
- Get a massage



EMOTIONAL

- Practice gratitude (gratitude journal)
- Seek connections with friends and family
- Creative flow - painting - writing - cooking
- Practice the art of asking for help
- Write a letter of gratitude
- Practice forgiveness
- Be kind to yourself

SPIRITUAL (SOUL NOURISHING)

- Practice yoga, meditation, mindfulness
- Practice mindful relaxation (body scan)*
- Practice random acts of kindness daily
- Write a gratitude letter to someone
- Volunteer or donate to charity
- Write inspiring quotes on paper
- Read an inspiring book
- Play - Sing - Dance



MENTAL-MASTERY

- Attend an online function/lecture/colloquium of a culture that differs from yours
- Take a free course on a topic of interest
- Drive to a new place and explore
- Become a mentor to someone
- Learn a new language
- Turn off your phone
- Write a list of goals



RESOURCES:

[HTTPS://WWW.NIH.GOV/HEALTH-INFORMATION/EMOTIONAL-WELLNESS-TOOLKIT](https://www.nih.gov/health-information/emotional-wellness-toolkit)
[HTTPS://WWW.COURSEARA.ORG/LEARN/THE-SCIENCE-OF-WELL-BEING/](https://www.coursera.org/learn/the-science-of-well-being/)
[HTTPS://WELLNESS.KU.EDU/SEVEN-WAYS-IMPROVE-YOUR-SPIRITUAL-HEALTH](https://wellness.ku.edu/seven-ways-improve-your-spiritual-health)
[HTTPS://WWW.TRAVELANDLEISURE.COM/ATTRACTIONS/MUSEUMS-GALLERIES/MUSEUMS-WITH-VIRTUAL-TOURS](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=IZHAZJPLDBK](https://www.youtube.com/watch?v=IzHAzjPLDBk)
[HTTPS://365GRATITUDEJOURNAL.COM/](https://365gratitudejournal.com/)

