



Self-care is necessary to achieve well-being

<p>Physical Self-Care:</p> <ul style="list-style-type: none">● Eat regularly<ul style="list-style-type: none">□ o Breakfast, lunch and dinner□ o Eat healthy food● Exercise● Get regular medical care for prevention● Get massages● Dance, swim, walk, run, play sports, sing, etc.● Do physical activity you enjoy · Get enough sleep	<p>Emotional Self-Care:</p> <ul style="list-style-type: none">● Spend time with others who you enjoy● Stay in contact with important people in your life● Practice gratitude● Identify comforting activities, objects, people, relationships, or places and seek them out● Allow yourself to cry● Find things that make you laugh● Express your outrage through social action
<p>Psychological Self-Care:</p> <ul style="list-style-type: none">● Take time away from telephones/email● Make time for self-reflection, journal● Read literature not related to work● Do something at which you are not expert or in charge● Notice your inner experience – listen to your thoughts, beliefs, attitudes and feelings● Practice receiving from others● Say no to extra responsibilities	<p>Spiritual Self-Care</p> <ul style="list-style-type: none">● Make time for reflection● Spend time in nature● Find a spiritual connection or community● Practice optimism● Be aware of the non-material aspects of life● Try at times not to be in charge or the expert● Be open to not knowing● Identify what is meaningful to you and notice its place in your life● Meditate, pray● Practice mindfulness● Sing

