

TYPES OF SELF-CARE

Below are some of the types of self-care we need as humans, along with some examples of each.

Carpenter Couple & Family Counseling, PLLC



MENTAL/EMOTIONAL

- Journaling
- Going to therapy
- Engaging in hobbies
- Doing something creative
- Spending time alone to recharge

PHYSICAL

- Getting a good night's sleep
- Exercise (going for a walk, yoga, etc.)
- Meditating
- Deep breathing exercises
- Maintaining a nutritious diet



SOCIAL

- Spending time with people who inspire you and help you recharge
- Setting healthy boundaries in your relationships and on social media
- Joining a local group
- Taking a class to learn a new skill