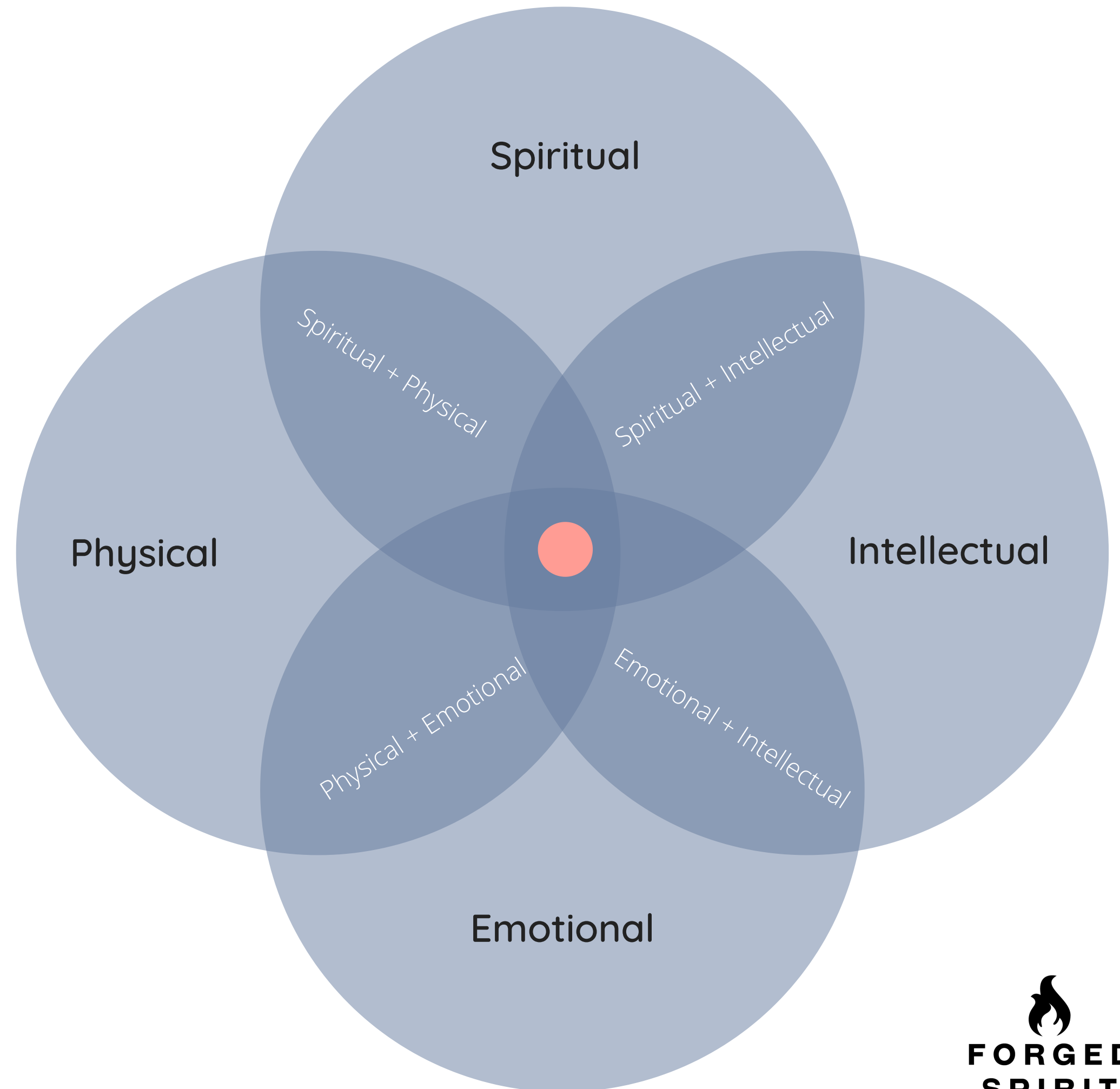


INTEGRATIVE SELF CARE

Using the Venn diagram on the left, take a moment to identify different activities you may engage in as self-care.

*Ideas and examples can be found on the following page.



Physical Self-Care

Physical self-care is about feeding the body. This notion goes beyond what we are putting in our body, although that's important too. Keeping our body in motion is important.

Some ideas:

- Working out
- Yoga
- Drinking more water

Spiritual Self-Care

Spiritual self-care is about feeding your soul. This is about connecting to something higher than themselves.

Some ideas:

- Hiking
- Cooking
- Volunteer work
- Organized religions or other meanings of faith

Emotional Self-Care

Emotional self-care is about acknowledging and processing our emotions. It's about increasing our self-awareness and emotional literacy.

Some ideas:

- Working with a therapist or coach
- Journaling
- Meditation

Intellectual Self-Care

Intellectual self-care is about feeding the mind. This is about expanding and challenging your perspective and increasing your knowledge.

Some ideas:

- Read a book
- Take a class
- Listen to a Podcast

