THE SELF CARE SIX

Practicing emotional, physical, spiritual, mental, practical and social self-care

As we are adjusting to a new "normal" for the time being, we want everyone to remember the importance of self care. Self care will look different for everyone, but is so important to give ourselves the space to unwind and to help us stay balanced. Take some time to reflect on what helps you release stress, tensions and get back to your center. There are six types of self-care: emotional, physical, spiritual, mental, practical and social. Need some help? Here are a few ideas to help get you started!

- Read a book
- Watch a movie
- Write letters to loved ones
- Talk about feelings
- Say "I Love You"
- Tell a joke
- Try a new craft- sketching, knitting, painting, etc.
- Go for a walk
- Ride a bike
- Take a hike
- Get some fresh air
- Practice yoga and stretching
- Wii Fit games
- Make a gratitude list
- Talk about forgiveness
- Write thank you letters
- Gardening
- Meditate
- Deep breathing
- Make a vision board
- Play a game
- Clean up
- Declutter
- Make a list
- Establish a morning and nighttime routine
- Call friends and family
- Facetime
- Learn something new
- Take a bath/shower
- Light a candle
- Take a nap
- Write in a journal
- Exercise
- Color in a coloring book

- Cook/bake
- Eat a healthy snack
- Drink water
- Listen to music
- Dance
- Watch a funny video
- Take a break from social media
- Pray
- Read the bible
- Play with your pet
- Do a puzzle
- Make a scrapbook
- Daydream
- Practice mindfulness
- Make a Bucket List
- Reflect on your accomplishments
- Sit in the sun
- Unplug from technology
- Make your own Mantras
- Go for a jog
- Write a story or poem
- Make a list of 10 things you love about yourself
- Learn a new language
- Play an instrument
- Work on your car
- Take photographs
- Have a cup of coffee

CULTIVATING PLAY AND REST

"If we want to live a Wholehearted life, we have to become intentional about cultivating rest and play, and we must work to let go of exhaustion as a status symbol and productivity as self-worth."

– Brené Brown