Self-Care

Why Is It Important & What Activities Can We Do?

Self-care activities are essential for maintaining mental, emotional, and physical well-being. Self-care is about prioritizing yourself and recognizing what activities recharge and fulfill you.

Try some of the ideas below!

PHYSICAL SELF-CARE
Go for a walk, jog, or try yoga.
Cook a healthy meal or snack.
Aim for 7-9 hours of sleep a night.
Take a relaxing bath.

SPIRITUAL SELF-CARE
Practice gratitude.
Reflect on your values & beliefs.
Spend time in nature.
Spend time in place of worship.

EMOTIONAL SELF-CARE
Practice mindfulness or meditation.
Journal your thoughts.
Do activities that make you laugh.
Talk to your emotional supports.

CREATIVE SELF-CARE
Engage in painting or crafting.
Listen to music.
Visit art galleries.
Attend creative events.

PROFESSIONAL SELF-CARE
Deligate tasks when possible.
Set work/personal life bounderies.
Pursue professional development.

SOCIAL SELF-CARE
Spend quality time with loved ones.
Connect with friends or family members.
Join a club or group that share your interests.

INTELLECTUAL SELF-CARE
Read a book or listen to a podcast.
Take up a new hobby or learn a new skill.
Engage in stimulating conversations.