


SELF-CARE ISN'T SELFISH

1 **PHYSICAL**

Keep moving. Go outside & get fresh air. Play a game. Take a bike ride. Get 7-9 hours of sleep. Maintain a healthy diet.




2 **EMOTIONAL**

Be kind to yourself. Be kind to others. Set a daily limit for news exposure. Be silly. Practice acceptance. Laugh.




3 **SPIRITUAL**

Meditate. Practice yoga. Keep a journal. Be present. Share gratitude with others. Practice positive affirmations.



4 **SOCIAL**

Digitally detox at night. Only post positive things. Unfollow toxic sites and people. Virtually "visit" with friends and family.



5 **CAREER**

Maintain normal hours. Declutter. Use checklists. Set boundaries. Listen to relaxation videos to help with your focus.

