

DIFFERENT TYPES OF SELF-CARE



PHYSICAL



- Take regular exercise
- Take lunch breaks
- Develop a regular sleep routine

PSYCHOLOGICAL



- Make time to engage with positive friends and family
- Make time for relaxation
- Keep a reflective journal

EMOTIONAL



- Talk to friends about how you are coping with work and life demands
- Do activities that you enjoy
- Write three good things that you did each day

SPIRITUAL



- Engage in reflective practices like meditation (if this is right for you)
- Go on nature walks
- Do yoga

RELATIONSHIPS



- Prioritise close relationships in your life
- Attend the special events of your family and friends
- Take time for you to recharge and set healthy boundaries

WORKPLACE/PROFESSIONAL



- Set up a peer support group
- Set clear boundaries
- Attend professional development opportunities

"We will be more successful in all our endeavours if we can let go of the habit of running all the time and take little pauses to relax and re-centre ourselves"

- Thich Nhat Hanh