

SELF CARE

TYPES OF WELLNESS



EMOTIONAL

The ability to cope effectively with life and create satisfying relationships with others. Emotional wellness is maintained by doing regular leisure and recreational activities that stimulate the five senses.



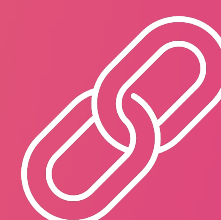
INTELLECTUAL

Recognizing your creative abilities, finding ways to expand knowledge and improve or develop skills to ensure mental growth. Individuals that maintain intellectual wellness find that they have better concentration, improved memory, and better critical thinking skills.



PHYSICAL

Recognizing the need for physical activity, healthy foods and sleep. It also includes adopting healthy habits, such as routine check-ups, safety precautions and STI screenings. Physical wellness is about discovering what healthy habits make you feel better and suit your lifestyle and level of mobility and fitness.



SOCIAL

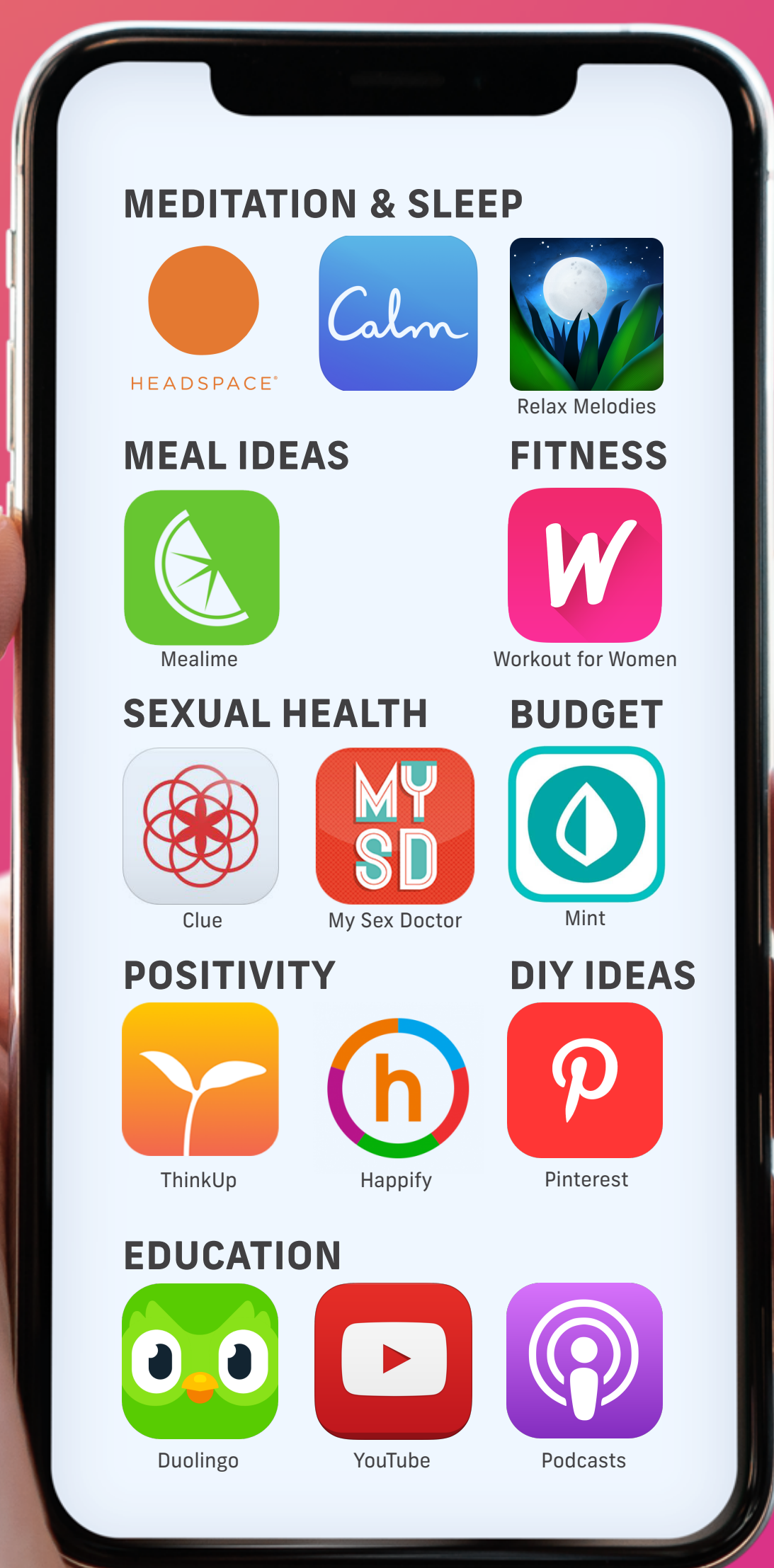
Developing a sense of connection, belonging, and a well-developed support system. It includes asking a colleague or acquaintance out, joining a club or organization, setting boundaries, good communication skills that are assertive, being genuine and authentic with others, and treating others with respect.



SPIRITUAL

Related to your values and belief systems that guide a sense of purpose and give meaning in life. Signs of good spiritual wellness are having clear values, a sense of self-confidence and feelings of inner peace.

Check out these apps



SELF-CARE TRACKER

4 self-care tips that I will try this week

Write 4 positive self-affirmations