Practicing Self-Care

Self-care involves four areas: your physical body, your emotions, your cognition, and your spirituality. It is your primary resource to mitigate stress, hurt, grief or even trauma. Taking care of yourself properly allows you to be fully present and available to loved ones, friends and coworkers. Self-care isn't selfish; it's vital to your well-being.

Physical Self-Care
Taking care of your physical self provides the groundwork upon which all other self-care rests. Basics include getting enough sleep, eating reasonably well, and providing yourself opportunities for both physical exercise and relaxation. Physical care facilitates a growing awareness of your body's needs – what works to nurture your body, and what doesn’t.

Emotional Self-Care
Emotional self-care allows you to be fully aware of your reactions and feelings. This includes recognizing and acknowledging your emotions and the impact that they have on you without judging yourself. Treating yourself gently when you have made a mistake or are having strong reactions is key to growing and maintaining self-esteem. Recognizing those things that bring you joy is important to provide balance for difficult times we all experience.

Cognitive Self-Care
Mental stimulation is an important component of enjoyment of life. Continuous learning of new information and skills keeps the brain active and in good shape. Choose topics that are of interest to you, challenge you or create enjoyment.

Spiritual Self-Care
Spirituality is, in its simplest definition, a belief that a caring power greater than oneself exists. This includes formal religious beliefs and practices as well as an individual’s unique beliefs and philosophy of life. Meaning of life and one’s role will differ from person to person. When one feels that their spirit is being nurtured, it can bring meaning and direction to one’s life.

What are your favorite ways of nurturing yourself?

Physically?
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______________________________________________________________________________

Emotionally?
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Cognitively/Mentally?
______________________________________________________________________________
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______________________________________________________________________________

Spiritually?
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