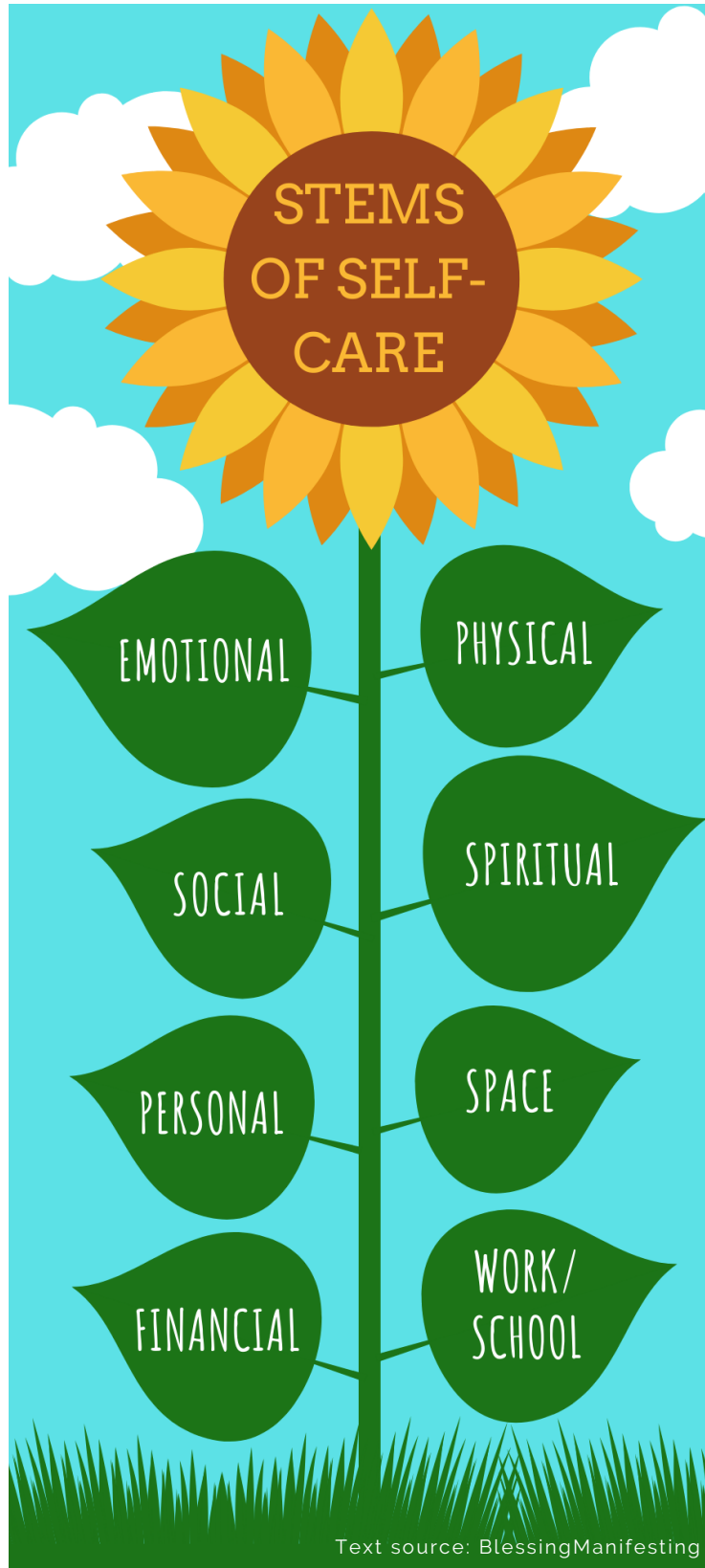


8 Areas Of Practice Where You Can Show That You Care About You



Emotional:

- Make time to reflect on your feelings.
- Practice self-compassion.
- Show generosity and kindness.
- Enhance your emotional literacy/maturity

Social:

- Practice saying no.
- Honor your commitments to others.
- Ask for help when you need it.
- Spend time with loved ones.

Personal:

- Discover your true identity.
- Love who you are, quirks and all.
- Participate in activities that matter to you.

Financial:

- Have a conscious relationship with your money.
- Spend and save wisely.

Physical:

- Move your body!
- Stretch, exercise, walk.
- Listen to your body's needs.
- Get enough sleep.
- Eat healthy or nourishing food.
- Let your body rest.

Spiritual:

- Honor your beliefs and values.
- Take time alone.
- Meditate, do yoga, or practice mindfulness.
- Connect with the universe or nature.

Space/Environmental:

- Declutter your home or work space.
- Maintain a clean and safe living environment.
- Monitor technology time.

Professional/School:

- Take breaks when you need them.
- Negotiate for your needs.
- Contribute to a positive space.
- Aim for learning opportunities.

**We Support.
We Believe. We Respond.**

When we support and care for ourselves, we can better support others.