

THERAPEUTIC SELF-CARE



Physical Self-Care

Healthy eating

Adequate Sleep

Exercise

Water Intake

Precsribed medication

Hygiene

Imotional Self-Care

Positive self-talk

Positive beliefs

*Explore feelings

Self-love

Self-respect

Spiritual Self-Care

Prayer

Meditation

Spiritual Community

Finding purpose and meaning Spiritual activities

To feel vital and balanced, free from anxiety and depression

THE GOAL

People Support

Family

Friends

Support group

Colleagues

Community

Spiritual community

Lifestyle

Structure/Routine

Relaxation

Goal setting

Pleasurable activities

Work/Life Balance

*EXPLORING ONE'S FEELINGS/EMOTIONS

- Notice how you feel
- 2. Name your emotion: What is it? What word best describes it?
- 3. Accept the emotion: It's a normal emotion. What prompted it?
- 4. Investigate the emotion: How intense is it? Is it proportionate to the situation? Does it have any physical effect? How is your breathing?
- 5. Release the emotion: Breathe deeply and slowly. Don't judge yourself. Take a moment to yourself. Find your balance and return to your happy place