

## Six Types of Self-Care

In times of stress, personal needs can take a backseat to the tasks at hand. Although it may be difficult to find the time, it is important to check-in with yourself and practice self-care. When you hear 'self-care' you may picture spas and face masks, but self-care can take many forms. See the multiple ways you can incorporate self-care into your life.

**Emotional** – Connect, acknowledge and process the full range of emotions through creative expression. Common examples are journaling, playing music and painting.

**Practical** – Look for ways you can help make your life less stressful. Create a budget, organize your garage, take professional development courses, meet with a financial planner.

**Physical** – Focus on maintaining or improving your physical health. Get up from your desk to stretch, take daily walks, focus on cooking healthy meals. This could also mean choosing to rest instead of checking another item off the to-do list.

**Mental** – Keep the mind engaged and focused on something you enjoy. Read a book, play scrabble, complete a crossword puzzle.

**Social** – Build and grow your relationships. Taking time to meet with friends, call loved ones and keeping date night on the calendar.

**Spiritual** – Nurture your spirit that allows you to think beyond yourself. For some this could be religious, such as going to church or praying, but it could also be meditating or hiking

Often, self-care can fit into multiple categories. For example, a hike could be both physically and spiritually fulfilling. Take a few minutes to write a few examples of activities that cultivate joy and find time to do those things in times of stress.