Sprinkle Dollops of Delight and Self-Nurturing On Yourself!



Essential Self-Care Nutrients: Make An Investment In YOU!

Physical Self-Care

Delicious Healthy Foods Regular Activity Slow Down & Relax Drink Enough Water Prioritize Wellness As Needed Take Meds Take Vitamins/Minerals Adequate Sleep & Naps! Meaningful Sex & Hugs

Frisky Living! Body, Mind, and Spiritual

Well-Being

Spiritual Self-Care

Mindfulness
Spiritual Community
Daily Meditation & Prayer
Forgiveness of Self & Others
Finding Your Life's Purpose
Giving Back to the World
Helping Others

Regular Routines & Structure Self-management

Lifestyle Self-Care

Dynamic Life Balance

Setting Goals & Action Plans
Seek Out Fulfilling Work
Take Time in Nature
Have Fun & Pleasure

Mental/Emotional/Spiritual Self-Care

Practice Gratitude
Keep a Feelings & Mood Journal
Practice Positive Self-talk
Cultivate Positive Beliefs & View
Use Counseling as Needed
Feel Your Feelings
Family of Origin Healing
Work through Grief

People Support

Friendship with Yourself
Connection with Family Members
Spend Time with Loving Friends
Have a Therapist /Lifestyle Coach
Explore a Support Group
Frolic Around Enjoyable Hobbies
Use Chat Room, Blogs, E-mail, U-Tube
Community Service
Work