

Wellbeing Wednesday

ISSUE 7: Self Care



6 Types of self-care and ways to practice them

TWO THIRDS
FEEL MORE



Productive
(67%)

Happier
(71%)

and



From practicing self care

Vagaro, Inc. (2021, January 14)

Physical:

Do something you enjoy doing, **ideas** yoga, eating more fruit & veg, go for a bike ride, going for a walk.

Emotional:

Becoming more in tune with our emotions, **ideas** journaling, mindfulness, meditations, being creative painting, writing, cooking.

Spiritual:

Nurturing your soul, striving for inner peace, seeking to find meaning & purpose in life, **ideas** spending time in nature, meditation, church, donating to a charity or cause you believe in.

Intellectual:

Doing self-care you enjoy that nourishes and challenges your mind, **ideas** reading a book, learning a new language, watching a documentary that interests you, learning a new skill.

Social:

Connection is important to us all, **ideas** spending time with loved ones, reconnecting with an old friend or family member, speaking to others in the community.

Sensory:

Nourishing your 5 senses-sight, smell, touch, sound, taste, this is also good for grounding us. Living in the 'now' bringing your mind back to the present, **ideas** burning your favourite candle, listening to music, walking barefoot on grass or sand, drinking oranges or lemon which ever you like.