

Types of self care



Christian or not, self care is important for all of us. Self care is not selfish but gives us away to rest and recover in order to do the best for ourselves, others, and God. The key to self care is to make sure you are doing something you enjoy. This should not feel like an obligation but should be things that light up your soul. The activities that fill you up can change by the day so it's important to reflect and figure out what you truly need to feel rested and recovered.

PHYSICAL

Your body is your temple and it's important to care for it in all the ways it might need. This self care does not need to focus on vigorous exercise although it can. Pay attention to how your body feels in order to give it what it needs.

Ideas: nap, run, stretching, take a bath, eating more fruits and veggies, or drinking more water

SOCIAL

This can look different for introverts and extroverts but should focus on building up relationships. Connection is important for all of us but we do not always get the social connection we need with work or daily tasks.

Ideas: Catch up with a family member or old friend, strike up a conversation at the coffee shop, or be vulnerable with a friend

EMOTIONAL

Become more aware of your feelings and emotions. Take time to understand why you are feeling the way you are. Checking in with your emotions allows you to understand the ways you think and your triggers. Emotions can easily be bottled up but by getting more in tune with them you can work through them rather than bottle them up.

Ideas: listen to music, write a gratitude list, set boundaries, journal, or talk through it with a friend

SENSORY

In day to day life some of our senses can be over stimulated and some can be under stimulated. It's important to take time to really tap into the senses we have. Sight, smell, touch, sound and taste can bring your mind into the present moment and help you make memories in the now.

Ideas: walk in the grass, use a oil diffuser, use a weighted blanket, or unplug from technology

MENTAL

Expand and declutter your mind. Mental self care allows you to reduce your stress levels by challenging your mind and expanding your knowledge. It gives you an outlet to learn something new and grow your knowledge of the world around you.

Ideas: read a book, watch a documentary, try a new recipe, learn a new language, or pick up a new hobby

SPIRITUAL

This is nourishment for the soul. We all long for a purpose on this Earth and this reminds us of it. Spiritual rest grows your relationship with God and realigns you with His plans.

Ideas: Listen to worship music, spend time in nature, donate to a cause, learn about our creator, or pray

self-care planner

How full are each of my tanks?

1	2	3	4	5	6	7	8	9	10	
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Physical
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Emotional
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Mental
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Social
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Sensory
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Spiritual

Which of those tanks need my attention the most?

- 1.
- 2.
- 3.

Write down an activity that could fill up each of those tanks today.


