



1. **Physical Self-Care:** Preventive care/Exercise/Nutrition/Sleep
2. **Social Self-Care:** Spending time with family and friends; connecting with a friend at work
3. **Mental Health & Well-being Self-Care:** Dealing with feelings in a healthy way through journaling/friends/counseling
4. **Community Self Care:** Contributing to the community you live in; volunteering, loving where you live
5. **Financial Self-Care:** Feeling financially secure, setting a budget, saving for retirement
6. **Purpose Self-Care:** Take time for lunch, set boundaries, leave work at work, take vacation; find value in what you do each day