



BASIC AND ESSENTIAL ELEMENTS OF SELF CARE

- ▶ Be mindful of and attend to your body, mind and spirit.
- ▶ Stay tuned in to your feelings and express your emotions.
- ▶ Rest when you are stressed, weary or tired.
- ▶ Seek help when you need it.
- ▶ Take time in each day to pause, reflect and be in the present.
- ▶ Develop and listen to your intuition or inner knowing.
- ▶ Keep to a 40-hour workweek whenever possible.
- ▶ Give yourself positive feedback daily and acknowledge your accomplishments.
- ▶ Avoid judgments of others and especially of yourself.
- ▶ Engage in activities that align with your abilities and values.
- ▶ Breathe deeply and consciously.