

# 5 Types Of Self Care

## Physical

Taking care of your body and practicing activities that nurture your physical self.



## Spiritual

Nurturing your inner self by doing practices that promote a deep understanding of oneself, personal values, and the meaning of life.

## Emotional

Recognizing and addressing your feelings, practicing self-compassion, and developing healthy coping mechanisms.



## Social

Nurturing and maintaining healthy relationships and connections with others.

## Mental

Practices that support a healthy mindset, manage stress, and stimulate intellectual growth.



Take our [Self-Care Mini Course](#) to learn more.