

Self Care

In health care, self-care is any necessary human regulatory functions which is under individual control, deliberate and self-initiated.

DIMENSIONS OF SELF CARE

Physical

Social

Mental

Spiritual

Self-compassion is simply giving the same kindness to ourselves that we would give to others.

-Christopher Germer

Self Care Questions:

How do I know that I am important?

What leaves you feeling relaxed and centered throughout the day?

What do you do to decrease racing thoughts and negative feelings?

What are 3 things that you are grateful for?

Share your self-care strategies.

