

5 DIMENSIONS OF *SELF CARE*

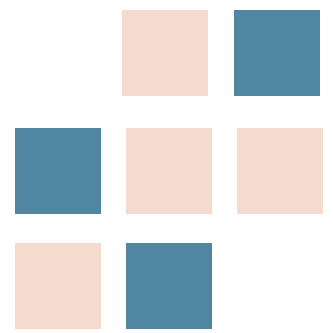
PHYSICAL

- Home
- Exercise
- Nutrition
- Sleep
- Grooming
- Rest/Relaxation/Recovery
- Touch
- Health
- Finances
- Balance



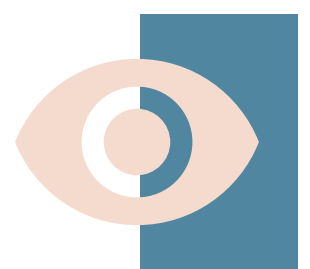
EMOTIONAL

- Eustress
- Self Regulation
- Feel Alive
- Happiness
- Fun
- Self Sufficiency
- Self Compassion
- Self Fulfillment



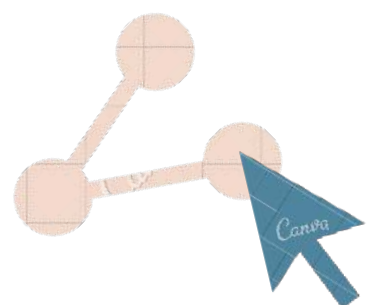
MENTAL

- Learn
- Self Discovery
- Intellectual Stimulation
- Constant Education



SOCIAL

- Dependency
- Belonging
- Esteem



SPIRITUAL

- Connect to something bigger
- Fellowship with like-minded
- Help others/Altruistic acts

