

# SELF-CARE AND SELF-AWARENESS

Physical



Spiritual

Mental

Emotional

## PHYSICAL WELLNESS

Physical wellness refers to the state of being in good physical health. Think

NEWS:  
Nutrition  
Exercise  
Water  
Sleep

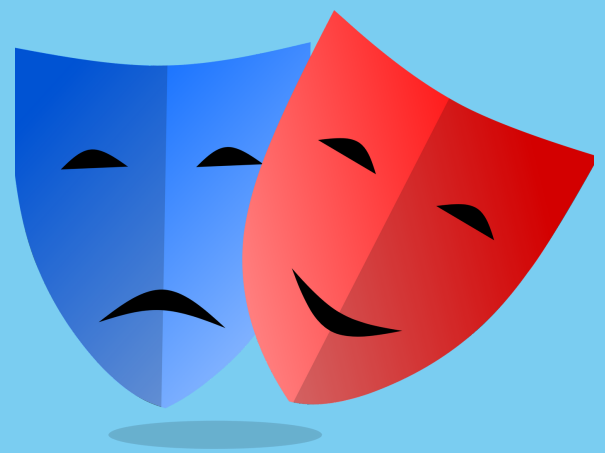


## MENTAL WELLNESS

Stress management through scheduling  
Finding time for hobbies  
Journaling and Deep Breathing exercises  
Social support and interactions

## EMOTIONAL WELLNESS

Understand and express your emotions positively  
Recognize emotions in yourself and others  
Give a name to these emotions  
Share experiences



## SPIRITUAL WELLNESS

Meditation and deep reflection  
Write out your mission statement  
Discover your life purpose  
Connecting with a higher power