

BASIC SELF-CARE STRATEGIES

Whole Person Health

PHYSICAL (BODY/SENSATIONS)

WHAT DO I NOTICE IN MY BODY?

WHAT DO I NEED?

Walk or stretch
 Water or herbal tea
 Nutritious snack
 Fresh air
 Relaxation exercise
 Schedule a healthcare appointment
 Time in nature

MENTAL (THOUGHTS/BELIEFS)

WHAT ARE MY THOUGHTS?

WHAT DO I NEED?

Self-compassion
 Tech-free time
 Shift perspective
 Take one small action
 Three slow, deep breaths
 New activity (crossword puzzle, garden, bake)
 Find two things to be grateful for

EMOTIONAL (FEELINGS)

HOW AM I FEELING?

WHAT DO I NEED?

Self-kindness
 Move (walk, yoga, hit a punching bag)
 Connect with a trusted friend
 Feel your feelings (cry, express anger safely)
 Three mindful breaths
 A break
 Professional support (therapist or coach)
 Laugh

SOCIAL (RELATIONSHIPS/CONNECTION)

HOW IS MY RELATIONSHIP WITH MYSELF & OTHERS?

WHAT DO I NEED?

Journal or meditate
 Call a friend
 Pet a beloved animal
 Attend a fun event with friends
 Volunteer or be a mentor
 Time in nature
 Join a local group (fishing, running, book club)
 Smile at a neighbor

TIPS FOR SUSTAINABLE SELF-CARE

- COMPLETE A DAILY SELF-CHECK-IN
- ENGAGE IN ACTS THAT TEND TO THE WHOLE PERSON
- BUILD SMALL MOMENTS OF SELF-CARE INTO EACH DAY
- PRACTICE SELF-COMPASSION



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 REAWAKENED™ LLC

BUILD YOUR RESILIENCE
 TO STAY HEALTHY AND WHOLE

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