

# Self-Care Toolkit



Self-care is a critical component of our overall well-being. Below are some excellent self-care suggestions you can start incorporating into your daily routine today!



## PHYSICAL

- Routine medical care
- Eat healthy
- Routine sleep habits
- Use your PTO
- Get a massage
- Relaxing bath/shower



## EMOTIONAL

- Spend time in nature
- Positive self-talk
- Cry
- Laugh
- Spend time with loved ones
- Practice forgiveness, self-compassion and self-love



## PERSONAL

- Short-term and long-term goals
- Create a vision board
- Foster friendships
- Spend time with friends and family
- Engage in a hobby



## PHYSIOLOGICAL

- Journaling/Reading
- Aromatherapy
- Creative activity
- Mindfulness
- Deep breathing
- Unplug
- Therapy



## SPIRITUAL

- Meditate
- Pray
- Listen to uplifting music
- Find a spiritual mentor
- Volunteer for something close to your heart
- Join a spiritual community



## PROFESSIONAL

- Take regular breaks
- Use vacation time
- Set boundaries
- Do not work during time off
- Find a good mentor
- Get colleague support
- Attend professional development opportunities

# Self-Care Toolkit



What are you going to put in your toolkit?



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