

TYPES OF SELF-CARE

PHYSICAL

Sleep, Stretching, Walking, Physical Release, Healthy Food, Yoga, Rest

EMOTIONAL

Stress Management, Emotional Maturity, Forgiveness, Compassion, Kindness

SOCIAL

Boundaries, Support Systems, Positive Social Media, Communication, Time Together, Ask For Help

SPIRITUAL

Time Alone, Meditation, Prayer, Connection, Nature, Journaling, Sacred Space

PERSONAL

Hobbies, Knowing Yourself, Personal Identity, Honoring Your True Self

SPACE

Safety, Healthy Living Environment, Security, Stability, Organized Space



KansasAgStress.org

Because your own health is important
and should not be overlooked.

