



Studies



Work



Social



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Balancing Self-Care

Spiritual



Emotional

Physical

Self-care, put simply, is the behaviours and practices we engage in that help us manage stress and anxiety in order to keep all parts of ourselves - emotional, physical, and spiritual - healthy and well. There are many ways to engage in self-care and this looks different for everyone! It is important to practice forms of self-care that are maintainable, practical, and beneficial for your own life. Experiencing trauma can interrupt our routines, increase anxiety, and change the way we cope, which makes it even more important to practice self-care.

Physical



- Get 7-8 hours of sleep.
- Eat wholesome foods.
- Engage in physical activity once a day.
- Remember to stretch.
- Listen to your body - take a break when you are feeling tired.

Spiritual



- Go out into nature.
- Pray.
- Connect with your spiritual community and guides.
- Do kind things for others.

Emotional



- Allow yourself to feel and sit with your emotions.
- Practice self-love.
- Practice gratitude.
- Journal your thoughts and feelings.

Social



- Spend time with loved ones - friends or family.
- Join a club or a sports team.
- Communicate your feelings and need.
- Ask for help or advice.

- Have alone time.
- Practice a hobby.
- Practice self-compassion and be kind to yourself.
- Self-reflect.
- Take time to unplug from electronics and social media.

Personal



Studies



- Don't be afraid to ask teachers for help.
- Try to add personal purpose to school work to make studying more interesting.
- Take brain breaks to avoid burn out.
- Communicate with your manager when you need help.
- Remember to schedule time off.
- If you are working while in school, work with your manager to build a balanced schedule.

Work

