

## Self-Care Dimensions

Self-care in essence is being conscious enough to pay attention to you, in a way that ensures that you are being cared for by you. Self-Care is a complex topic with a plethora of suggestions of how to achieve it. Anointed Kat recommends focusing on the six key components of an individual. Six might sound like a lot, but once you know the dimensions of yourself, you can develop a plan to recognize what works in your life. The six dimensions of self-care work together to bring holistic wellness to your existence.

