

Discover the BACES Self-Care Technique.

Learn how to prioritize your well-being.



The BACES method is a practical approach to self-care, focusing on five key components:
Body, Attitude, Connection,
Environment, and Spirit.

THE BACES METHOD

A Guide to Self-Care



B

BODY—Take care of your physical health by exercising regularly, eating nutritious foods, and getting enough sleep each night.

A

ATTITUDE—Cultivate a positive attitude by practicing gratitude, mindfulness, and self-compassion. Focus on positive thoughts and emotions to enhance mental and emotional resilience.

C

CONNECTION— Build and nurture meaningful relationships with others. Connect with friends, family, colleagues, and your community for support, encouragement, and a sense of belonging.

E

ENVIRONMENT—Create a supportive and nurturing environment for yourself. Surround yourself with positive influences, declutter your physical space, and seek out environments that promote relaxation and well-being.

S

SPIRITUALITY—Nourish your inner self by engaging in activities that bring you joy and fulfillment. Pursue hobbies, creative pursuits, or spiritual practices that align with your values and passions.

The BACES technique was developed by Dr. Christine Runyan, a renowned psychologist known for her work in promoting holistic approaches to well-being and self-care.