



SELF CARE

Nurturing and honoring your own well-being.

- ✔ Know and respect your needs
- ✔ Set boundaries
- ✔ Rest and recharge
- ✔ Emotional awareness and regulation
- ✔ Personal growth and reflection
- ✔ Joy and fulfillment



ARC (ALIGNED RELATIONAL CARE)

Where self care and community care meet in alignment, connection, and shared purpose.

- ✔ Mutual respect
- ✔ Shared values
- ✔ Reciprocal care
- ✔ Co-creation and partnership
- ✔ Sustainable well-being for all



COMMUNITY CARE

Showing up for others and fostering collective well-being.

- ✔ Listen and be present
- ✔ Offer support and resources
- ✔ Practice empathy and compassion
- ✔ Build trust and belonging
- ✔ Collaborate for shared goals
- ✔ Uplift and empower one another

Caring for self. Caring for community. Caring together.

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