

Area of Self-Care	Current Practices	Practices To Try
<b>Physical</b>  <i>e.g. eat regular and healthy meals, good sleep habits, regular exercise, medical check-ups</i>		
<b>Emotional</b>  <i>e.g. engage in positive activities, acknowledge my own accomplishments, express emotions in a healthy way</i>		
<b>Spiritual</b>  <i>e.g. read inspirational literature, self-reflection, spend time in nature, meditate, explore spiritual connections</i>		
<b>Professional</b>  <i>e.g. pursue meaningful work, maintain work-life balance, positive relationships with co-workers, time management skills</i>		
<b>Social</b>  <i>e.g. healthy relationships, make time for family/friends, schedule dates with partner/spouse, ask for support from family and friends</i>		
<b>Financial</b>  <i>e.g. understand how finances impact your quality of life, create a budget or financial plan, pay off debt</i>		

<b>Psychological</b> e.g. take time for yourself, disconnect from electronic devices, learn new skills, access psychotherapy, life coaching, or counselling support through your EAP if needed		
--	--	--

<b>My Daily Self-care Plan</b> List your favorite practices for each category					
Body	Mind	Spirit	Emotions	Relationships	Work