

4 TYPES OF SELF-CARE



Emotional

Emotional self-care helps you get in touch with your feelings in a way that makes you feel good.

Spiritual

This can be accomplished by simply doing things that make your heart and soul flourish.

Physical

Physical self-care is all about looking after your body and living a healthy lifestyle.

Social

Recharge while being social. This could be getting together with friends or family.

Read more on www.reallygreatsite.com