



AT-HOME CAMP CANVAS

SIX TYPES OF SELF-CARE

Emotional Self-Care

Activities that help you connect, process and reflect on a full range of emotions.

Example: Seeing a therapist, writing in a journal, creating art, playing music, etc.

Physical Self-Care

Activities you do to improve that well-being of your physical health.

Example: taking a walk during lunch breaks, sleeping eight hours a day, staying hydrated, etc.

Social Self-Care

Activities that nurtures and deepens the relationships with people in your life, or activities that recharge your social batteries.

Example: Brunch with friends, going on a date, making time to call a family member or close friend

Practical Self-Care

Tasks you complete that fulfill core aspects of your life in order to prevent stressful situations.

Example: creating a budget, taking professional development courses, organizing your closet, doing laundry, etc.

Mental Self-Care

Any activity that stimulates your mind or intellect.

Example: Reading, going to a museum, playing chess, solving a puzzle, etc.

Spiritual Self-Care

Activities that nurtures your spirit and allows you to think bigger than yourself. Spiritual self-care does not have to be religious, but it can be for some.

Example: Meditation, yoga, dedicating time for self-reflection, etc.



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Before we start to work on our self-care plan, list your self-care activities or any activity you would like to start doing under the six different categories.

Emotional Self-Care	Practical Self-Care
Physical Self-Care	Mental Self-Care
Social Self-Care	Spiritual Self-Care