### Seven domains of self-care

- **Health literacy**
- **Mental well-being**
- **Physical activity**
- **Healthy eating**
- **Risk avoidance or mitigation**
- **Good hygiene**
- **Rational and responsible use of products, services, diagnostics, and medicines**

### Unique to You with Guiding Principles

- **Seven domains of self-care**
  - Health literacy
  - Mental well-being
  - Physical activity
  - Healthy eating
  - Risk avoidance or mitigation
  - Good hygiene
  - Rational and responsible use of products, services, diagnostics, and medicines
- **Self care can entail**
  - Following basic hygienic protocol
  - Having a healthy diet
  - Sports and leisure activities
  - Establishing a healthy environment
  - Maintaining a medication regimen

### Conduct a Quick Self-Assessment

**Physical self-care**
- Are you getting enough sleep?
- Are you getting enough exercise?
- Is your diet adequate for your nutritional needs?
- Are you following the appropriate medication regimen, if applicable?

**Social self-care**
- What are you doing to maintain the relationships that matter to you the most?
- How do you nurture relationships with your friends and family?

**Mental self-care**
- Do you make time in your schedule to do activities that you enjoy?

**Spiritual self-care**
- What are the questions you ask yourself about your life and experience?

**Emotional self-care**
- Do you have healthy ways to handle your emotions?
- Do you make time to do activities that help you recharge?

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Creating a Self-Care Plan

- Develop a list of activities associated with different aspects of your life (e.g., work, physical fitness, emotional life, relationships, and community)
- Write down the activities or strategies you can use and are genuine to you and your own well-being
- Being mindful of possible barriers to achieving these activities
- How can you shift these barriers?
- Share your plan with friends and family
- Put your plan on display
- Block off time for your self-care activities in your planner or on your calendar

Strategies After Assessment

- What is your self-care lacking?
  - Identify what domains of self-care you are not proactively addressing in your life
  - Set achievable and measurable goals for meeting this domain; start small
  - Never devalue yourself in the process
  - Lead with positivity and independent initiative
- How will you bridge the gap?
  - Name the tools that you will use to meet your needs within that domain
  - Select the tools that make the most sense for your lifestyle
  - To keep things interesting, don’t be afraid to try something new

Self-Care Can Be:

- Asking for help
- Spending time alone
- Putting yourself first
- Asking for what you need
- Setting boundaries
- Staying at home
- Saying ‘no’
- Forgiving yourself
- Taking a step back

RESOURCES

Podcasts
- Unlocking Us
- Life Kit
- The Daily Meditation Podcast
- Guided Sleep Meditations

Books
- The Self-Love Journal by Leslie Marchand LCSW
- Daring Greatly by Brene Brown
- Feeling Good: The New Mood Therapy by David D. Burns, MD