

TYPES OF SELF-CARE

PHYSICAL

Sleep
Stretching
Walking
Yoga
Rest
Healthy Food

EMOTIONAL

Forgiveness
Compassion
Kindness
Stress Management
Emotional Maturity

SOCIAL

Boundaries
Support System
Communication
Positive Social Media
Ask for Help
Time Together

SPIRITUAL

Time Alone
Meditation
Connection
Nature
Journaling
Religious Practice

PERSONAL

Hobbies
Honor Your True Self
Personal Identity
Knowing Yourself & values

SPACE

Online Safety
Clean Space
Online Security
Stability
Organization
Surroundings

FINANCIAL

Saving
Budgeting
Spending
Paying Bills
Money Management

WORK

Learning
Boundaries
Break Time
Positive Workplace

For more information, support or insight into the practice of self-care call the FCBC support line
1-877-520-3267



Family Caregivers
of British Columbia