



25 SELF CARE IDEAS

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FEEL LESS OVERWHELMED AND MORE ALIVE

Life comes standard with a host of different stressors. Tired of feeling overwhelmed? Are you ready for better self esteem? Want to feel more alive? Well, below are 25 self-care tips seperated in the six different types of self-care which are emotional, physical, mental, spiritual, social, and practical.

1

EMOTIONAL SELF-CARE



Emotional Self-Care is all about caring for and processing your emotions.

- **Write It Down** - journal and/or write a poem
- **Vibe Out** - create/listen to your favorite music
- **Breath** - practice breathing exercises
- **Meditate** - choose a space and repeat a mantra
- **Remind Yourself** - repeat positive affirmations

2

PHYSICAL SELF-CARE



Physical Self-Care revolves around your general well-being (i.e diet and exercise).

- **Drink Up** - drink enough water daily
- **Walk It Out** - walk the longer way/no shortcuts
- **Break!!!** - take a lunch break no matter what
- **Rubber Ducky** - that bubble bath is waiting

3

MENTAL SELF-CARE



Mental Self-Care works on helping you reduce stress by stimulating the brain.

- **Reframe!!** - reframe those negative thoughts
- **Brain Magic** - complete a puzzle or game
- **iConvo** - talk with someone about your feelings
- **Gratitude** - create a 10 bullet "I'm Thankful" list

4

SPIRITUAL SELF-CARE



Spiritual Self-Care normally encompasses wholebody activities like yoga.

- **Love Birds** - bird watch, hike, take in nature
- **Reflect** - spend time self-reflecting on you
- **Volunteer** - give your time to a noble cause

5

SOCIAL SELF-CARE

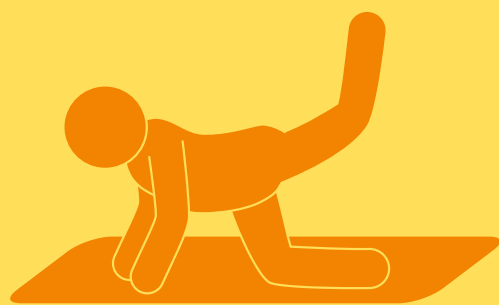


Social Self-Care places you in the space to enjoy those around you who are loving and caring.

- **Check In** - call someone you love
- **Flashback** - Post and talk about a dear memory
- **Kickback** - create a meetup for friends
- **Dinner** - call a few family members for din din
- **Free Time** - schedule time to live in the moment

6

PRACTICAL SELF-CARE



Practical Self-Care helps you get all the pieces of your life under control.

- **Reset Now** - reset a moment if its going wrong
- **Self Development** - learn something new/useful
- **Clean It Up** - create a weekly cleaning schedule
- **Save** - create a saving plan to reach a goal