

SELF CARE— MORE THAN A SPA DAY!



TIPS TO PRIORITIZE YOUR WELL-BEING

Ulliance
Enhancing People. Improving Business.

WHAT IS SELF-CARE?

Self-care is the practice of taking care of your physical, emotional and mental health. It involves making time for yourself and engaging in activities that bring you joy and relaxation.

Self-care
IS EMPOWERMENT

MENTAL SELF-CARE

Mental and intellectual self-care promotes a positive mindset through mindfulness and curiosity, aiding skill development, reducing stress, and enhancing creativity.

Key practices include:



EMOTIONAL SELF-CARE

Emotional self-care nurtures your heart with healthy coping strategies and self-compassion, improving self-understanding and positive emotional responses. Key practices include:



**I AM STRONG
I AM CAPABLE
I AM RESILIENT**



PHYSICAL SELF-CARE

Physical self-care includes exercise, nutrition, hygiene and sleep, promoting energy and self-esteem. Key practices involve:



ENVIRONMENTAL SELF-CARE

Environmental self-care means nurturing your surroundings to foster well-being and a sense of belonging. Key practices include:



SELF-CARE PRACTICES FROM 1 MINUTE TO A WEEKEND!

1 MINUTE

Mini Practices

- Breathe deeply
- Hydrate
- Stretch
- Dance
- Listen to music
- Practice mindfulness
- Meditate

20-30 MINUTES

Short Practices

- Exercise regularly
- Eat nutritiously
- Practice relaxation techniques
- Journal your feelings
- Read regularly
- Practice gratitude

1-2 HOURS

Longer Practices

- Pursue hobbies
- Seek support
- Prioritize medical care
- Visit a library museum, or gallery
- Attend a workshop
- Unplug
- Volunteer

FULL DAY OR WEEKEND

Luxurious Practices

- Visit a friend
- Go on a retreat
- Pamper yourself
- Spend time in nature
- Go shopping
- Take a weekend trip

Call Ulliance today, for resources and tools for self-care!

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