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THE FOUR CATEGORIES OF SELF-CARE

Self-care is the practice of taking care of one's physical, mental, emotional, and spiritual well-being. It is not selfish or indulgent, but rather a necessary and healthy way of coping with stress, enhancing resilience, and improving quality of life. Self-care can be divided into four categories, each with its own benefits and strategies.

1. PHYSICAL SELF-CARE

Physical self-care involves taking care of your body and its needs, such as nutrition, hydration, sleep, exercise, and hygiene. Physical self-care can help you prevent illness, boost your immune system, increase your energy, and improve your mood. Some examples of physical self-care are:

- Eating a balanced and nutritious diet
- Drinking enough water and limiting caffeine and alcohol
- Getting enough sleep and following a regular sleep schedule
- Exercising regularly and choosing activities that you enjoy
- Practicing good hygiene and grooming habits
- Getting regular check-ups and screenings
- Seeking medical attention when needed
- Resting when you are sick or injured

2. MENTAL SELF-CARE

Mental self-care involves stimulating your mind and engaging in activities that challenge, inspire, and educate you. Mental self-care can help you improve your cognitive abilities, expand your knowledge, enhance your creativity, and reduce boredom. Some examples of mental self-care are:

- Reading books, magazines, or articles that interest you
- Learning a new skill or hobby
- Taking a course or workshop
- Playing games or puzzles
- Watching documentaries or educational videos
- Listening to podcasts or audiobooks
- Writing in a journal or blog
- Doing research on a topic that fascinates you

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3. EMOTIONAL SELF-CARE

Emotional self-care involves managing your emotions and expressing them in healthy ways. Emotional self-care can help you cope with stress, anxiety, anger, sadness, and other feelings that affect your well-being. Some examples of emotional self-care are:

- Identifying and naming your emotions
- Accepting and validating your emotions
- Seeking support from others when you need it
- Talking to a therapist or counselor
- Practicing mindfulness and meditation
- Using positive affirmations and self-compassion
- Journaling or venting your feelings
- Crying or laughing when you feel like it

4. SPIRITUAL & ENERGETIC SELF-CARE

Spiritual and energetic self-care involves connecting with your inner self, your higher power, or your sense of purpose as well as assessing and improving your connection to all of your energy zones, such as security, communication, self-esteem, relationships, creativity and wisdom. Spiritual self-care can help you find meaning, peace, and fulfillment in your life. Some examples of spiritual self-care are:

- Spending time in nature or appreciating beauty
- Volunteering or donating time to a cause that matters to you
- Praying or meditating
- Attending a religious service or joining a faith community
- Reading or listening to inspirational or motivational materials
- Volunteering or donating to a cause that matters to you
- Practicing gratitude or expressing appreciation
- Setting and pursuing your goals and values
- Reflecting on your life and your purpose

Self-care is not a one-size-fits-all concept. It is important to find what works for you and what makes you feel good. You can start by choosing one or two activities from each category and incorporating them into your daily or weekly routine. Remember that self-care is not a luxury, but a necessity for your well-being.

FOUR-WEEK SELF-CARE WARMUP

A GUIDE TO HELP YOU IMPROVE YOUR PHYSICAL AND MENTAL WELL-BEING

INTRODUCTION

Self-care is the practice of taking care of your own needs and well-being, especially when you are feeling stressed, overwhelmed, or burned out. Self-care can help you cope with life's challenges, improve your mood and energy, and enhance your relationships with yourself and others. However, self-care is not always easy to do, especially when you have a busy schedule, competing demands, or limited resources. That's why we created this four-week self-care warmup, to help you make self-care a priority and a habit in your life.

The four-week self-care warm up is a simple and fun way to try different self-care activities and discover what works best for you. Each week, you will have a different theme and a list of suggested activities to choose from. You can do as many or as few activities as you want. The goal is not to complete all the activities, but to enjoy the process and learn more about yourself. You can also customize the Wellness Warmup to suit your preferences, needs, and availability. For example, you can swap some activities with your own ideas, adjust the duration or frequency of the activities, or invite a friend or family member to join you. The most important thing is to have fun and be kind to yourself.

WEEK 1: RELAXATION

The first week of the Wellness Warmup is all about relaxation. Relaxation is the state of being free from tension, anxiety, or stress. Relaxation can help you calm your mind and body, reduce the negative effects of stress, and improve your health and well-being. Relaxation can also help you sleep better, boost your immune system, and enhance your creativity and productivity. There are many ways to relax, and different methods may work better for different people. Here are some relaxation activities that you can try this week:



- Listen to soothing music, nature sounds, or a guided meditation.
- Do some gentle stretches, yoga, or tai chi.
- Read a book, magazine, or blog that you enjoy.
- Watch a movie, show, or video that makes you laugh or smile.
- Light a candle, incense, or diffuser with a relaxing scent.
- Give yourself a massage or ask someone to give you one.
- Drink a cup of herbal tea, hot chocolate, or warm milk.
- Write in a journal, draw, or color.
- Do a crossword puzzle, sudoku, or word search.
- Take a warm bath/shower with your favorite soap, shampoo or bath bomb.

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WEEK 2: GRATITUDE

The second week of the Wellness Warmup is all about gratitude. Gratitude is the feeling of appreciation or thankfulness for what you have or receive. Gratitude can help you focus on the positive aspects of your life, rather than the negative. It can also help you cope with stress, improve your mood and self-esteem, and strengthen your relationships. Gratitude can also make you more generous, compassionate, and happy. There are many ways to practice gratitude, and different methods may work better for different people. Here are some gratitude activities that you can try this week:



- Write down three things that you are grateful for each day.
- Send a thank you note, email, or text to someone who has helped you or made you happy.
- Make a gratitude jar or collage with pictures, words, or objects that represent what you are thankful for.
- Express your gratitude to someone in person, over the phone, or via video call.
- Volunteer for a cause that you care about or donate to a charity that you support.
- Compliment someone on their appearance, skills, or personality.
- Smile at a stranger, hold the door for someone, or pay for someone's coffee.
- Notice and appreciate the small things in your life, such as the sun, the breeze, or the birds.
- Keep a gratitude journal, where you write about your positive experiences, feelings, and thoughts.
- Make a gratitude playlist, where you add songs that make you feel grateful or happy.

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WEEK 3: CONNECTION

The third week of the Wellness Warmup is all about connection. Connection is the feeling of being close, involved, or engaged with someone or something. Connection can help you feel less lonely, isolated, or bored. Connection can also help you feel more supported, understood, and valued. Connection can also enhance your social skills, empathy, and communication. Connection can also boost your happiness, health, and longevity. There are many ways to connect, and different methods may work better for different people. Here are some connection activities that you can try this week:



- Call, text, or video chat a friend, family member, or someone you haven't talked to in a while.
- Join an online or in-person group, club, or class that shares your interests, hobbies, or goals.
- Attend a virtual or live event, such as a concert, lecture, or workshop.
- Play a game, do a puzzle, or watch a show with someone.
- Share a meal, a snack, or a drink with someone.
- Give someone a hug, a high-five, or a fist bump.
- Ask someone for help, advice, or feedback.
- Offer someone your help, advice, or feedback.
- Have a meaningful conversation with someone, where you ask open-ended questions, listen actively, and share your thoughts and feelings.
- Learn something new from someone, such as a skill, words from a different language, or a fact or fun activity from a different culture.

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WEEK 4: JOY

The fourth and final week of the Wellness Warmup is all about joy. Joy is the feeling of intense happiness, pleasure, or satisfaction. Joy can help you feel more alive, energized, and motivated. Joy can also help you cope with stress, pain, and sadness. Joy can also increase your creativity, productivity, and performance. Joy can also make you more attractive, charismatic, and confident. There are many ways to experience joy, and different methods may work better for different people. Here are some joy activities that you can try this week:

- Do something that you love, such as a hobby, a sport, or a passion project.
- Try something new, such as a food, a place, or an activity.
- Treat yourself to something that you enjoy, such as a dessert, a gift, or a spa day.
- Celebrate your achievements, big or small, such as completing a task, reaching a goal, or overcoming a challenge.
- Sing, dance, or play an instrument.
- Laugh out loud, watch a comedy, or tell a joke.
- Go outside, enjoy nature, or do some physical activity.
- Wear something that makes you feel good, such as a favorite outfit, a color, or an accessory.
- Surround yourself with things that make you happy, such as photos, flowers, or art.
- Do something spontaneous, adventurous, or fun.



CONCLUSION

Congratulations, you have completed the four-week self-care warmup! We hope that you enjoyed the Wellness Warmup and that you learned more about yourself and what makes you feel good. We also hope that you discovered some new self-care activities that you can incorporate into your daily or weekly routine. Remember, self-care is not selfish, it is essential. By taking care of yourself, you are also taking care of others. You are also setting an example for others to follow. So, keep up the good work and keep practicing self-care. You deserve it!

We are so excited to hear from you and see more from your Wellness Warmup Weekly takeaways!

If you are open to it, please share your Self-care September "Things Worth Sharing". Send to