

## Self-Care

Self-care comes in many forms, from exercise to meditation to seeking therapy. At the core of self-care are the seven pillars: mental, emotional, physical, environmental, spiritual, recreational, and social. A holistic self-care routine involves nurturing each of these pillars, so don't limit yourself to just a couple. Let's delve into each pillar and explore practical examples of how you can incorporate them into your daily life.



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## *Your Partner In Health*

Here at GIHN, we understand that sometimes self-care may not be sufficient. If you find yourself in need of support, we encourage you to reach out to our dedicated team. You can access our services by simply dialing 989-463-4971. Remember, this number also serves as a 24/7 crisis line for those in urgent need. Your mental well-being matters to us, don't hesitate to reach out!

## Contact Information


☎ (989) 463-4971  
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## Seven Pillars of Self-Care




# The Seven Pillars of Self-Care:




**Mental:** This involves cultivating a healthy mindset through mindfulness and curiosity. This can be achieved through various activities such as journaling, meditation, engaging in creative thinking, and intentionally taking breaks from screen time.




**Emotional:** Create healthy coping strategies for any stresses that might occur in your daily life. You can do this by watching your favorite movie, listening to music, writing positive affirmations for yourself, asking others for help when you need it, and setting boundaries to protect yourself and your heart.




**Physical:** Involves taking care of your body with rest, nutrition, and movement. Some examples of physical self-care include eating well-balanced meals, drinking plenty of water, taking a daily multivitamin, getting a good night's sleep, or trying a physical activity that you may enjoy.




**Environmental:** Taking care of the places around you and enjoying places you love. Examples could be exploring new places, decluttering your living space, going for a walk outdoors.



**Spiritual:** Activities or practice that give you a sense of meaning provide you with spiritual self-care. This could be spending time in nature, finding a community, identifying the values that are most important to you and volunteering.



**Recreational:** Making time for hobbies and activities that interest you. Some activities include going on an adventure, taking time to relax and do nothing, playing board games or video games, reading books, painting, and switching up your daily routine.



**Social:** Building relationships and making connections with healthy boundaries is the best way to practice social self-care. Some examples of social self-care are connecting with friends, calling your relatives, writing a letter to a friend, or even talking to a support group.

When you're feeling down or stressed, listen to your body and the type of self-care it needs. Taking time for yourself is crucial to maintain overall health and wellness.

