

The 7 Dimensions of Self-Care

When it comes down to truly taking care of ourselves, it's more than just our body that needs attention. Self-care comes in multiple forms, and these 7 pillars are inseparably connected with each other; it's about the **balance and relationship** between them.



1. PHYSICAL SELF-CARE

Involves actions that directly relate to your body's state of health. Sub-dimensions of Physical Self-Care are: Diet; Exercise; Sleep & Physical awareness.

IDEAS FOR PHYSICAL SELF-CARE

- Prepare a healthy meal for yourself
- Do a yoga class; go to the gym; take the stairs instead of the elevator
- Set a goal to drink 2 L of water per day
- Hydrate your skin
- Go to bed early
- Take notice of signals from your body



2. MENTAL SELF-CARE

Activities that lead to a healthy and positive mental state. Ideas that help us think more positively and stimulate inspiring images.

"The mind is our private terrain of thoughts, it's the conversation we have with ourselves."

IDEAS FOR MENTAL SELF-CARE

- Practicing a positive affirmation
- Reading a book
- Playing 'brain-training' games
- Reflecting on a specific choice/action
- Observing thoughts, meditation
- Challenging yourself to say *Thank You* instead of *Sorry*
- Giving yourself a break and taking a digital detox
- Writing a fictional story



3. EMOTIONAL SELF-CARE

Emotions are complex, and they are often the driving force behind motivation, both positive and negative. Therefore, a healthy, caring and understanding relationship with your emotional state can be of vital necessity for your wellbeing.

IDEAS FOR EMOTIONAL SELF-CARE

- Mindfully observe without judgment
- Use an art-form to express your emotions/feelings
- Mindfully focus on a pleasurable emotion. Make a list of the things you are grateful for
- Take some time for yourself. By being alone you can truly distinguish your own emotions compared to those of others.
- Write in a journal



4. INTELLECTUAL SELF-CARE

Your intellect is your capacity for thinking and acquiring knowledge. You are feeding yourself fuel for the mind.

IDEAS FOR INTELLECTUAL SELF-CARE

- Learning a new language
- Doing something for the first time, like a Happiness Challenge
- Watching a documentary
- Thinking of multiple solutions to a problem
- Learning to play a musical instrument



5. SPIRITUAL SELF-CARE

Spirituality can be defined in many ways and therefore, there are numerous activities that you can do to improve your spiritual health. When practicing spiritual self-care, we aim to transcend the material aspects of life and focus on developing a sense of awe and wonder toward the universe.

IDEAS FOR SPIRITUAL SELF-CARE

- Prayer / meditation
- Going on a spiritual retreat
- Clarifying your values & priorities
- Initiating or joining meaningful discussions with others (with respect towards each other)
- Finding ways to contribute to the wellbeing of others
- Having respect for other people's spiritual values
- Attending services with like-minded individuals



6. SOCIAL SELF-CARE

We are all connected. Being social is not only natural to us, it is as vital as eating and sleeping to develop ourselves. Without interaction with others, the parts of the brain responsible for empathy and self-regulation *don't develop properly*.

IDEAS FOR SOCIAL SELF-CARE

- Doing volunteer work
- Giving someone a compliment
- Joining a club or activity
- Having a meaningful conversation
- Being a listener
- Having a family dinner
- Catching up with a relative through social media
- Playing a game with someone



7. PRACTICAL SELF-CARE

Some things we do aren't necessarily 'fun' or directly related to an action of self-care – yet, they can be. When this awareness shifts we make things a whole lot lighter for ourselves.

IDEAS FOR PRACTICAL SELF-CARE

- Making your bed in the morning
- Grocery shopping
- Simplifying your To-Do list
- Clearing the clutter, one small area at a time
- Donating things you no longer use

