

The Six Pillars of Self-Care

There are many different ways to take care of yourself. We need different things at different times. Here are some ideas to inspire you.

	Rest	Nourishment	Cleansing	Grounding	Energy	Protection
Physical	<ul style="list-style-type: none"> -practicing good sleep hygiene -sleeping at least 8 hours a night -restorative or yin yoga -receiving a massage -taking a nap -deep belly breathing -shavasana (corpse pose) 	<ul style="list-style-type: none"> -eating balanced meals at regular mealtimes -eating enough fruits, veggies, proteins, and healthy fats -drinking plenty of water -taking nutritional supplements as prescribed 	<ul style="list-style-type: none"> -taking a bath or shower -doing a detox -taking a break from sugar, alcohol, or processed foods -washing the laundry -clearing out your closet, desk, car, or other cluttered area 	<ul style="list-style-type: none"> -following daily routines -getting dressed -packing your belongings -organizing your home -balancing poses -connecting with nature -feeling bare feet on soil, grass, or sand 	<ul style="list-style-type: none"> -coffee or tea -fresh air -exercise -sunshine -tai chi or qi gong -safe, caring sex 	<ul style="list-style-type: none"> -locking doors -carrying pepper spray -safe people & places -having backup plans -making an emergency kit -wearing sunscreen -martial arts or self-defense classes -having insurance
Mental	<ul style="list-style-type: none"> -limiting screentime -meditation -reading fiction -taking a vacation or "staycation" -learning to compartmentalize, set things aside -accepting not knowing 	<ul style="list-style-type: none"> -watching a documentary -taking a class -reading a book -playing puzzles or brain-training games -studying a new language or instrument 	<ul style="list-style-type: none"> -meditation -breathwork -focusing on an activity so much you forget everything else (enter a "flow state") -taking a "digital detox" 	<ul style="list-style-type: none"> -planning your day -setting intentions -making lists -getting organized -paying attention to your surroundings -remembering important details, or things that help you feel centered 	<ul style="list-style-type: none"> -inspiring conversations -learning new things -traveling -looking at art -finding meaningful work 	<ul style="list-style-type: none"> -avoiding bad news -cultivating discernment -going to therapy -taking your medication -focusing on priorities; setting aside the rest
Emotional	<ul style="list-style-type: none"> -unburdening yourself of others' problems -"me time" -taking a break from social media -letting go of people-pleasing -practicing self acceptance 	<ul style="list-style-type: none"> -good friends -a cherished pet -soothing touch -face-to-face contact -positive affirmations 	<ul style="list-style-type: none"> -grieving -crying -writing an angry letter, then shredding or burning it, or reading it to your therapist -menstruating -sweating -giving away old items of emotional significance 	<ul style="list-style-type: none"> -using the 5 senses to help you feel grounded -looking at old photos or other memorabilia to remind you of who you are -playing an instrument, writing a song, singing, making art -working with clay 	<ul style="list-style-type: none"> -laughter, play, silliness -people who make you happy -listening to music -dancing -playing a sport or game -giving to others -being of service 	<ul style="list-style-type: none"> -setting boundaries -picking friends carefully -saying no -taking it slow in romantic relationships -having your friends vet your partners -staying connected to people who really know you and care
Spiritual	<ul style="list-style-type: none"> -daydreaming -meditating -"let go and let God" -the serenity prayer -spending time in quiet places, contemplating -visiting places of sanctuary 	<ul style="list-style-type: none"> -reading scripture or spiritual literature of your choosing -finding a mentor -joining a congregation, 12-step group or other spiritual community 	<ul style="list-style-type: none"> -sweat lodges -smudging, incense, spritzes and other aromatics -grieving rituals -sitting by a fire -making amends for past wrongdoing -asking forgiveness 	<ul style="list-style-type: none"> -rites of passage -affirmations -connecting with the elements -honoring the passage of time -celebrating holidays, seasons, cycles, births, deaths 	<ul style="list-style-type: none"> -looking up at the stars -finding your purpose -pilgrimage or travel to spiritually inspiring destinations 	<ul style="list-style-type: none"> -wearing a talisman -carrying an object from an ancestor -protection prayers

The Six Pillars of Self-Care

Now make your own! Fill in the grid with your ideas.

	Rest	Nourishment	Cleansing	Grounding	Energy	Protection
Physical						
Mental						
Emotional						
Spiritual						