

## 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.*

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

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

	Rest	Nourishment	Cleansing	Grounding	Energy	Protection
Physical						
Mental						
Emotional						
Spiritual						