

My Life, My Recovery

Types of Self Care

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Types of Self Care



What is “Self Care”?



- Self-care is the conscious act of taking responsibility for oneself through behaviors that encourage overall healthy well-being.
- Self-care can manifest, whether spiritually, mentally, physically, or emotionally.
- It can look like creating daily routines and incorporating habits such as exercise or journaling that help keep you grounded.

Types of Self Care

- Practical Self-Care
- Physical Self-Care
- Emotional Self-Care
- Mental Self-Care
- Spiritual Self-Care
- Social Self-Care
- Professional Self-Care

Self-care things



Music



Books



Rest



Flowers

@myselflovesupply



Sleep



Hobbies



Candles



Skincare



Nutrition

Practical Self Care



- Practical self-care is ways to meet your basic needs and fulfill your most pressing responsibilities.
- Examples include:
 - Keeping a calendar of scheduled appointments
 - Cleaning up your space
 - Making lists of specific errands, tasks, and chores you have to get done
 - Each week, making a goal to begin addressing one neglected area of life (i.e. unpaid debts or bills, tidying a messy house, getting insurance quotes, etc.)

Physical Self Care

- Physical self-care involves all of the healthy choices and routines that keep you physically strong and healthy.
- Examples include:
 - Diet: eating healthier
 - Exercise: staying more active
 - Sleep: working on a sleep routine
 - Attending doctor and dental appointments



Emotional Self Care

- Emotional self-care helps you process and deal with your feelings.
 - It involves all of the things you do to lower stress and anxiety, improve your mood, and become more emotionally stable.
- Examples include:
 - Using mindfulness
 - Tracking your mood and emotions with a daily log or app, such as Reframe
 - Practicing urge surfing to track urges and cravings without acting on them
 - Attending group therapy sessions or online support groups
 - Practicing positive self-talk
 - Journaling

The Significance of Emotional Self-Care for Mental Health



- Meditation and Mindfulness:
- Connecting with Loved Ones
- Seeking Professional Help
- Physical Activity
- Journaling



Mental Self Care

Mental Self-Care Tips

- Meditation



- Social Interaction



- Journal



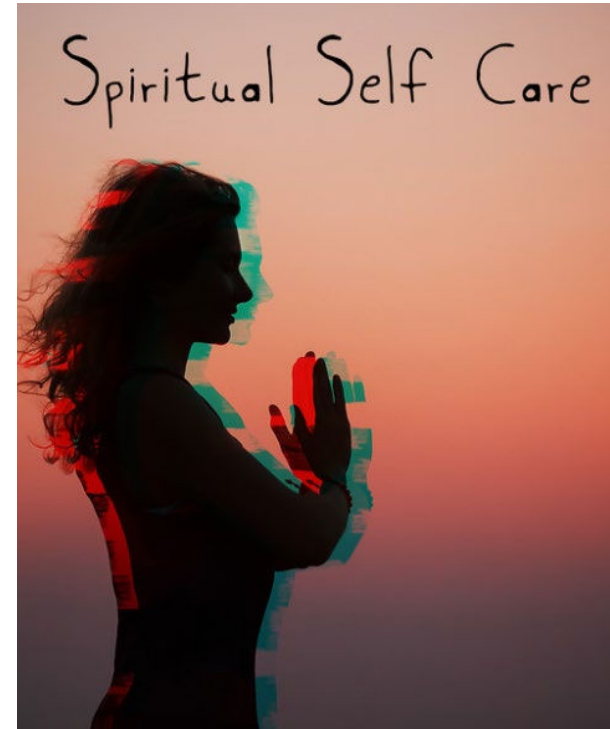
- Listen to Music



- Mental self-care focuses on stimulating your mind in ways that promote learning and growth.
 - This includes things you do to keep your mind sharp, reduce brain fog, and expand your knowledge, skills, or perspective on things.
- Examples include:
 - Listening to a recovery podcast
 - Watching videos or attending a workshop to learn more about the way addiction affects your brain and how to promote healing
 - Reading books about recovery
 - Using a recovery workbook to help with the recovery process

Spiritual Self Care

- Spiritual self-care involves any activity that helps you feel more connected to your spiritual beliefs, closer to a higher power or anything that nurtures your soul/spirit.
 - For some, spiritual self-care stems from religion and involves traditional forms of worship, prayer, religious texts and services.
 - For others, spiritual self-care has more to do with nature, how they treat others, or ways they stand up for what they believe in.
- Examples include:
 - Practicing Tai Chi or meditation to feel more connected to the energy in and around your body
 - Reading books on spirituality to see if any have ideas or recommendations that resonate with you
 - Attending religious ceremonies to learn, explore, or connect more deeply with your faith
 - Praying
 - Attending spiritual group meetings



Social Self Care

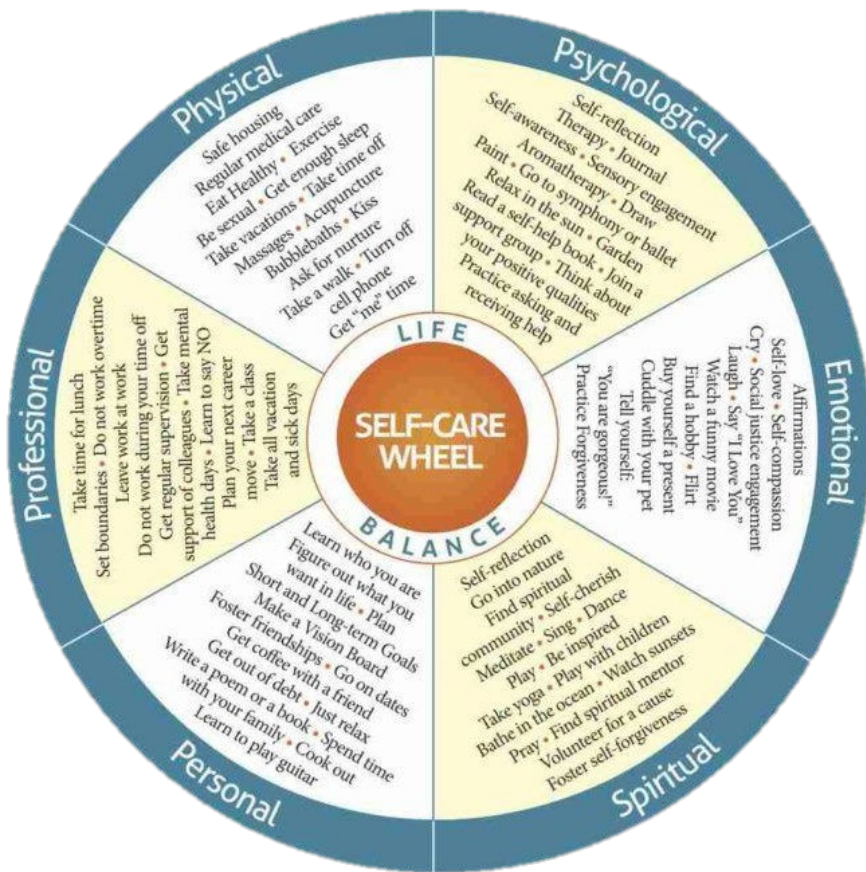


- Social self-care is any action, choice, or activity that helps you meet your needs for connection, intimacy, and social stimulation.
 - Things that help you build, foster, and maintain important relationships with close friends and family.
 - Communication, boundary setting, and saying ‘no’ are necessary to preserve positive relationships with others.
- Examples include:
 - Cutting ties or contact with people who are still actively using drugs or alcohol

Professional Self Care

- Professional self-care involves all of the ways you make your career, job, or work life more rewarding and fulfilling, as well as things you do to mitigate work-related stress.
 - Setting better boundaries at work and aiming for a better work-life balance are also important forms of professional self-care.
- Examples include:
 - Prioritizing tasks
 - Setting realistic goals
 - Delegating tasks
 - Taking breaks to prevent burnout





<https://positivepsychology.com/self-care-wheel/>



Group Discussion