

9 Areas of Self-Care

- 1) *Physical (movement of body, nutrition, sleep/rest)*
- 2) *Psychological (mindfulness, creativity)*
- 3) *Emotional (managing stress, crazy town, emotional literacy)*
- 4) *Social (human connection, relationship care / boundaries)*
- 5) *Professional (career care, strength/skill enhancement)*
- 6) *Environmental (clutter free, cleanliness, connect nature)*
- 7) *Spiritual (beliefs and values)*
- 8) *Intellectual (mind evolution / knowledge evolution)*
- 9) *Financial (no debt, savings, income to meet needs, giving)*

Self-Care Healing Modalities

A gratitude practice	Blessing Water - Emoto	
Breathwork	Education (reading, podcasts)	Organize Your room, closet, desk, drawer
Meditation	Nature	
Grounding	Retreat / An Adventure or Journey	Plan an excursion
Clean Intentional Water	Boundary Setting	Call a friend
Sound Healing - Healing Tones	Increasing Interests	Write / Say affirmations
Crystals	Sleep Care	Bowen Body Work
Reiki	Home Design	Light Deprivation
Massage	Channeling Session	Holotropic Breathwork
Journaling	Sense Making (what you can control)	Acupuncture
Tapping - Emotional Freedom Technique	Find a hobby you love (photography, scrapbook, sports, etc.)	Float Tank
Equine Therapy	Start something that excites you	Red Light Therapy
Art Therapy	Forgive	Psychedelics
Cold Therapy - Wim Hoff	Accept	Polyvagal Work
Cleanse / Wholefood Eating	Remain calm in stress - take a pause when conflict arises	Sun Gazing
Herb Integration	Ecstatic Dance	Tai Chi
Exercise	Clean your space	Somatic Therapy
Yoga	Create a safe resting place	Hypnosis (QHHT - quantum healing hypnosis)
CBD		HeartMath - https://www.heartmath.com/
		Psoas Release
		Astrology/Tarot

