

The Four Dimensions of Self Care

Below are the four dimensions of self care. Each of these areas of self care should be included in an integrated plan of self care.

Take some time to review the following list, and develop a plan of self-care that incorporates at least two behaviors from each of the dimensions.

A self care plan is best used in conjunction with a calendar and electronic reminders, to help develop a routine and finding an accountability partner to encourage and support you in your efforts. Journaling can also be beneficial to track and explore progress and challenges.

1. **Physical (the body)** - to live, move and breathe
 - an overall healthy lifestyle
 - eating well
 - maintaining hydration - drinking water
 - plenty of exercise (movement of the body)
 - decluttering your environment
 - sufficient sleep (between 6-8 hours each night)
 - rest

2. **Emotional (the heart)** - to love, care, be in relationship (connection with self and others)
 - setting healthy boundaries around time and energy
 - setting healthy emotional boundaries with others
 - establishing and nurturing healthy relationships/social support/minimizing social isolation
 - addressing conflict in a healthy, mature manner
 - addressing your emotional pain points
 - self compassion
 - empathy fo others
 - giving and receiving love

3. **Spiritual (the spirit)** - to connect with our essence, purpose and meaning
 - prayer
 - quiet time
 - praise and worship
 - time in the word/devotion
 - meditation
 - gratitude practice
 - mindfulness/being in the present moment
 - time in nature
 - meaningful work

4. **Psychological (the mind)** - to learn, think and grow
 - personal/professional development
 - personal reflection
 - care for your inner experiences (thoughts, feelings and needs)
 - mastery of self-awareness
 - journaling
 - coaching
 - therapy
 - seeking and accepting honest feedback from wise counsel