



EMMA GERASIMATOS

SELF CARE IDEAS

Emotional Self Care

- Affirmations
- Self compassion
- Cry, laugh, rage
- Cultivate forgiveness
- Meditate
- Journaling
- Reach out for support
- Practice forgiveness
- Practice gratitude
- Choose your company
- Savour a pleasant experience
- Emotional surfing
- Change your passwords
- Counselling
- Talk to someone you trust
- Pursue new friendships
- Set boundaries
- Give compliments
- Random acts of kindness
- Care for a pet

Physical Self Care

- Sleep
- Healthy diet
- Take lunch breaks
- Attend to medical concerns
- Exercise
- Movement
- Gut health
- Take time off
- Massages
- Be sexual
- Bubble baths
- Caffeine
- Watch alcohol and drug use



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Mental Self Care

- Be aware of and challenge self talk
- Counselling
- Journaling
- To-Do list
- Meditation
- Practice non-judgement
- The third space
- Spend time in silence
- Learn a language
- Research an area of interest
- Keep a document of ideas
- Enroll in an evening class
- Read an interesting article
- Watch TV or Movie
- Take on a new challenge
- Lower your expectations of yourself
- Pros and cons list
- Take action
- Make a decision

Spiritual Self Care

- Faith in something bigger than yourself
- Meditation
- Prayer
- Nature
- Travel
- Art
- Meditation
- Volunteer work