

WHAT IS SELF CARE?

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Self-care looks different for everyone!

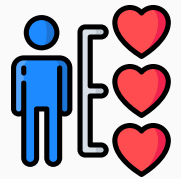
Here are some other forms of self-care



Creating a financial plan



Moving your body



Identifying your values



Getting enough sleep



Creating a support system



Responding instead of reacting

Advocating for yourself



Setting boundaries

& SO MUCH MORE

What is SELF-CARE?

Self-care is often talked about as taking the day off and getting your nails done. However, there is so much more to self-care than that! Self-care can be thought of as things we do to help our mind stay healthy. It is **NOT** just for times we feel overwhelmed! Just like we brush our teeth twice a day to keep our teeth healthy. True self-care is a mixture of things we do everyday and things we do when we are having big feelings/decisions etc.