

THE DIMENSION OF SELF-CARE

The five different dimensions of self-care include physical, intellectual, social, spiritual, and emotional aspects. Incorporating activities from each dimension into your life means you'll be nourishing every aspect in your life and ultimately getting better at self-care.



1

PHYSICAL

Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress, your dental/medical check-ups, and sexual health.

2

INTELLECTUAL

Intellectual self-care involves your personal growth, continuous pursuit of learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.

3

SOCIAL

Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.

4

SPIRITUAL

Spiritual self-care involves the beliefs and values that help guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life.

5

EMOTIONAL

Emotional self-care involves awareness of your feelings and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and love for ourselves and others.



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