

Emotional, Spiritual, and Physical Self-Care Tips



It's so easy to put our self-care on the back burner, particularly when life is full or feels hard. In case you need some reinforcement, here is a list of self-care tips for taking care of your mind, body, and soul.

Helping people be their best for over 30 years. IBH is a pioneer in managed behavioral health, integrated employee assistance programs and services. We are one of the US's leading population health management companies, delivering world class EAP, Managed Behavioral Health, Wellness, Data Analytics and Opioid Assessment and Treatment Solutions.



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Emotional Self-Care

- Spend time with the others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Find ways to increase your sense of self-esteem
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places, and seek them out
- Allow yourself to cry
- Find things to make you laugh
- Express your outrage in social action, letters, donations, marches and protests
- Play with children

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)

Physical Self-Care

- Eat regularly (breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini vacations
- Make time away from electronics
- Know your unhealthy behaviors and watch for their return
- Recognize your triggers
- Notice the events or feelings precede the tendency to want to turn to habits that are unhealthy
- Avoid binge eating and or purging
- Avoid cigarettes and other tobacco products
- Seek help for a healthy lifestyle