

Self-Care

(understanding areas of self-care)

Areas of Self-Care

Just as different parts of a person need to rest, different areas of a person's life need attention and care. Self-care means taking care of yourself so that you can be healthy, take care of your family, do your job, serve in ministry, help and care for others, and do all the things you need and desire to accomplish in a day. The following eight areas of a person's life need to be nurtured so they are able to thrive in life:



1. Spiritual:

Caring for the needs of your spirit and soul by having beliefs and values that are lived out.



5. Psychological/Intellectual:

Caring for your mind by learning new things, practicing creativity, and attending to the present moment.



2. Physical:

Caring for the needs of your physical body.



6. Professional/Ministry:

Identifying and sharing your strengths and gifts and engaging in activities that give meaning and purpose.



3. Emotional:

Caring for emotional needs by navigating emotions, increasing empathy, and managing stress effectively.



7. Security

Being responsible with your finances and other resources and planning that involves future goals.



4. Social/Relational:

Caring for relational needs by building a network of supportive relationships.



8. Environmental:

Having a safe, organized, well maintained work, ministry, and home environment, having clean clothes and a clean and well-maintained mode of transportation.

Reflection Questions:

- Which types of self-care do I engage in the most? Which types of self-care do I engage in the least?
- What keeps me from engaging in self-care?
- What changes do I need to make so I am taking care of myself in each of these areas?