An act of self-love

The three types of self-care

Self-care seems obvious, yet it's so often overlooked, especially when we're caring for others. Every act of self-care is an expression of self-love.

1 **Routine self-care**

Daily, consistent activities that nurture your physical, mental and emotional health: hygiene, nutrition, movement, meditation, financial planning, and passion projects like gardening, writing or cooking.

2 **Indulgent self-care**

Less frequent experiences that bring a tremendous amount of joy and give you something to look forward to: amazing food, memorable adventures, spa days, travel to places you love.

3 **Responsive self-care**

How you care for yourself when something feels hard or unsettling. Often the hardest to practice, it's about healing and growing rather than masking pain, so you can be a source of stability for yourself and others.

My self-care plan this week

Routine

Indulgent

Responsive (for a harder moment)

Self-care can include many approaches, from therapy and support groups to movement, breathwork and creative expression. Explore what works for you, alongside the qualified professionals you choose.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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