**Self Care**

*In health care, self-care is any necessary human regulatory functions which is under individual control, deliberate and self-initiated.*

**DIMENSIONS OF SELF CARE**

- Physical
- Social
- Mental
- Spiritual

**Self-compassion is simply giving the same kindness to ourselves that we would give to others.**

- *Christopher Germer*

**Self Care Questions:**

How do I know that I am important?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

What leaves you feeling relaxed and centered throughout the day?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

What do you do to decrease racing thoughts and negative feelings?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

What are 3 things that you are grateful for?

____________________________________________________________________________________________________

____________________________________________________________________________________________________

Share your self-care strategies.

____________________________________________________________________________________________________

____________________________________________________________________________________________________

____________________________________________________________________________________________________

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