

3 R'S OF SELF-CARE

and the H's that guide them

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RESTORATIVE: what helps me Rest

Restorative is what replenishes you, what gives you a refresh and cleanse. It is gentle acts of that soothe your body.

REFLECTIVE: what helps me Recharge

Reflective is the mental and emotional care you need to help you process something that is taken up house in your psyche.

RADICAL: what helps me Reclaim

Radical is the gift of setting boundaries for your own care and needs. It is about practicing saying No to what no longer serves you.

Self-Care is not selfish - it is self-preservation so is actually sacred and necessary. It is what we need to do for ourselves in order to live our life intentionally. When you are thinking of ways to nurture yourself, think of the pillars of well-being: Physical, Emotional, Psychological, Intellectual, Social, Spiritual, and Sexual.

When providing yourself self-care, think of ways you can nurture your **head, heart, hands and home**. How can you set an intention to **honour** your **happiness, hope, and be healthy**? These are the resources that help you self-preserve. Spend some time and journal about what you would do for each of these categories. Have the list ready!

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MY 3 R'S OF SELF-CARE

On this page, jot down some ideas that you can refer to when you need to; keep this list handy

RESTORATIVE: what helps me rest
think: healthy, hands, home

REFLECTIVE: what helps me recharge
think: hope, heart, head

RADICAL: what helps me reclaim
think: happiness, honouring Self