

# Give To Your Self

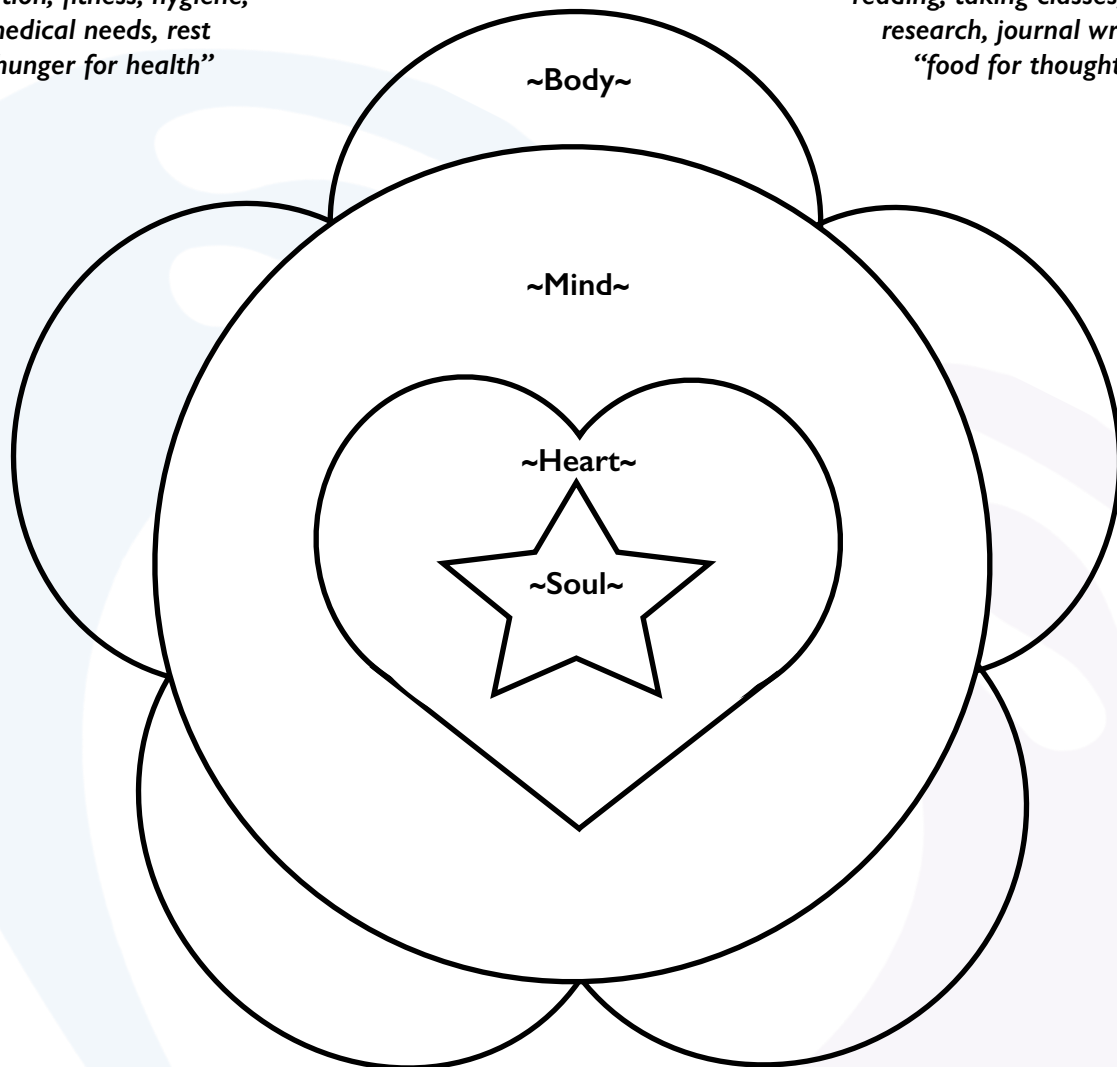
## Self-Care Routine #3: Ways to Care for My Self



Consider your “True Self” in its four main categories – Body, Mind, Heart, Soul.  
List Self-Care ideas for each:

**BODY - PHYSICAL**  
nutrition, fitness, hygiene,  
medical needs, rest  
“hunger for health”

**MIND - MENTAL**  
reading, taking classes, doing  
research, journal writing  
“food for thought”



**HEART - EMOTIONAL**  
connection with animals,  
friendships, intimacy  
“feed the hungry heart”

**SOUL - SPIRITUAL**  
meditation, spiritual practice,  
connection with a Higher Power  
“soul food”