



# Holistic Self-Care Pie Chart

## Professional Self Care

Enhancing well being in the workplace, maintaining a healthy work-life balance and managing stress derived from work or academics

## Social Self Care

Building healthy relationships, spending quality time with those who matter to you and setting boundaries

## Emotional Self Care

Engaging in activities that focus on your emotional wellbeing, seeking therapy to help you with emotions, journaling to express and gain clarity of thoughts, incorporating mindfulness

## Physical self care

Incorporate activities that enhance physical wellbeing such as exercise, proper nutrition etc.

## Spiritual Self-care

Involving activities like meditation to cultivate inner peace, faith and connection to a higher power and purpose

