

SOCIAL SELF CARE

The Social bucket refers to the relationships and connections you have with others, including friends, co-workers, and family. Sometimes, these connections may need nurturing by dedicating time to spend with others. Conversely, if social interactions become overwhelming, taking time for yourself can help restore balance.

1. How can I connect with other people?

2. How can I disconnect when social interactions are getting too much?

How do I fill my social bucket?

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PHYSICAL SELF CARE

The Physical bucket focuses on maintaining healthy habits related to physical activity, nutrition, and sleep. Research shows the importance of regular exercise, balanced nutrition, and sufficient rest. Consistent attention to these areas is essential for overall well-being.

1. How can I be physically active?

2. How can I relax?

How do I fill my physical bucket?

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EMOTIONAL SELF CARE

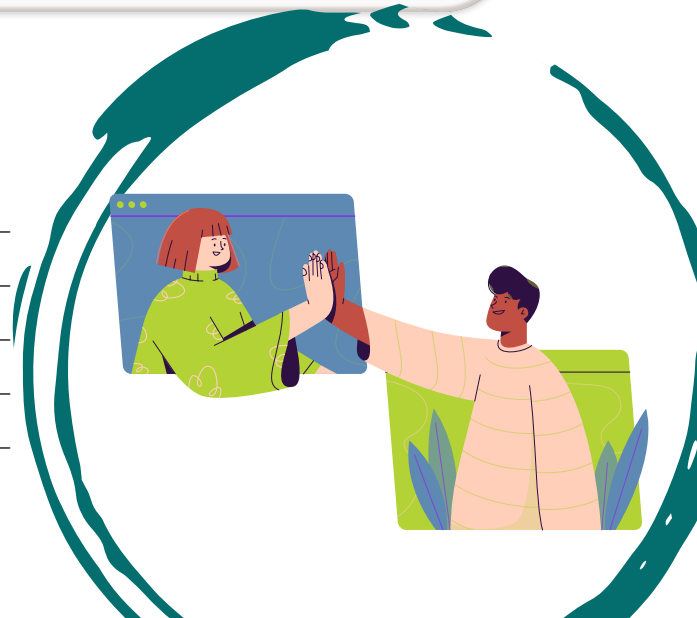
The Emotional bucket emphasizes allowing yourself to feel a range of emotions, both positive and negative. Emotional self-care ensures you're not suppressing difficult feelings but instead processing them in a healthy and balanced way.

1. How can I ensure I laugh?

2. How can I let myself worry in a healthy way?

How do I fill my emotional bucket?

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SPIRITUAL SELF CARE

The Spiritual bucket involves recognizing things beyond your daily life. It can encompass a range of meanings, for some, it's about connecting with nature; for others, it may include religion, spiritual practices/rituals such as smudging or finding purpose. It also emphasizes self-reflection and the importance of doing things for yourself, simply because you deserve it.

1. How can I recognize things outside of myself?

2. How can I prioritize myself and recognize that what I want matters?

How do I fill my spiritual bucket?

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