



SwastiVishwa  
Foundation

SwastiVishwa Behavioral and  
Social Sciences Institute Foundation

Transforming Individuals,  
Organizations, and Communities

## SELF-CARE GUIDE

Self-care is the practice of taking an active role in protecting one's own well-being and happiness.



### Benefits of self-care

- Produces positive feelings
- Boosts motivation and self-esteem
- Increased energy to support yourself
- Motivation to support others
- Improves resilience
- Manages stress better
- Live longer and happier life

Following a self care routine leads to many positive outcomes; It can help you **manage stress, lower your risk of illness, and increase your motivation.**



### FOR SELF-CARE SERVICES

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# Five Dimensions of Self-care

## Physical self-care

Focuses on your fitness, eating and sleeping habits. It also includes managing your stress, your medical check ups



### Tips

- Healthy Eating
- Personal Hygiene
- Exercise or Yoga
- Regular Sleep
- Go for a walk
- Adequate sleep

## Psychological Self-care

Focuses on your personal growth, hobbies, learning new things and engaging in various activities



### Tips

- Practice a hobby
- Learn something new
- Read books and newspaper
- Challenge yourself
- Explore creativity
- Reduce screen time
- Practice patience

## Social self-care

Focuses on building healthy relationships with people for support. These connections helps to create positive environment important for growth.



### Tips

- Meet new people
- Ask and offer help
- Travel together
- Be polite
- Stay in contact
- Meaningful dialogue

## Spiritual self-care

Focuses on your believes and values that guide you in your life and exploring spirituality



### Tips

- Meditation
- Pray
- Set priorities and values
- Observe your thoughts
- Contemplate on your life
- Participate in a cause

## Emotional Self-care

Focuses on how you regulate your emotions positively as well as aims to create a sense of awareness about your own emotions



### Tips

- Time with loved ones
- Reflect
- Express feelings
- Laugh
- Affirmations
- Respect yourself
- Stress management
- Talk about problems