**Social Media Posts 5 Types of Self-Care**

**Facebook:**

1. TIP: Learn how to control your emotions and express them better with adequate emotional self-care LINK

2. TIP: Partaking in physical self-care can really help to boost the immune system LINK

3. Did you know there are different types of self-care you should be focusing on? LINK

4. TIP: Spiritual self-care isn’t all about religion. It involves doing things which nourish your soul LINK

5. TIP: It’s easy to forget about practical self-care. However, it can help to reduce stress and prepare you for unexpected events LINK

**Twitter:**

1. Emotional self-care can help you to better control and express emotions LINK

2. Ensure you’re focusing on different types of self-care LINK

3. Boost your immune system by focusing on physical self-care LINK

4. Spiritual self-care is important for the soul LINK

5. Reduce stress and become better prepared with practical self-care LINK