**5 Types of Self-Care**

When you think of self-care, your mind typically jumps to things such as taking a bubble bath and making time for yourself. However, did you know there’s actually a lot of different types of self-care you can focus on?

If you really want to achieve the benefits of self-care, you’re going to need to ensure you’re utilizing the different types. The question is, what are the different types of self-care and what do they consist of?

Here, you’ll discover 5 types of self-care you’ll want to familiarize yourself with.

**1. Emotional**

Your emotional wellbeing has a huge impact on your happiness and quality of life. Therefore, if you want to improve your wellbeing, you’re going to want to focus on emotional self-care.

This type of self-care enables you to better deal with your emotions. You’ll be able to control the way you feel, rather than letting it control you. You’ll learn to become more aware of your emotions and express them in a healthier way.

Emotional self-care can include seeing a therapist, listening to music and keeping a journal.

**2. Physical**

In order to stay healthy, it’s important to look after the body’s physical needs. That is, making sure you get enough sleep, drinking plenty of water and exercising regularly. However, physical self-care is so much more than just healthy eating and staying active.

When you’re focusing on physical self-care, it includes ensuring you’re not adopting any unhealthy coping mechanisms such as binge eating or missing sleep to binge watch a series. It means taking time out when you’re sick and going to medical appointments whenever you need to.

**3. Spiritual**

Spiritual self-care is often associated with religion. However, it’s basically anything which nurtures the spirit.

This is just as important as your physical and emotional wellbeing. If you want to lead a truly healthy and happy life, you need to make sure your mind, body and spirit are equally taken care of.

Examples of spiritual self-care include surrounding yourself with nature, reading a great book, meditating and taking time out for personal reflection.

**4. Social**

Your relationships and social skills can play a large role in your happiness. We all need healthy, strong relationships to be truly happy. It’s also important to remember that the people we surround ourselves with make a big difference to how we feel about ourselves and how we act.

How is your social circle right now? Think about the type of people you prefer to be around. Consider your romantic relationship, or lack of, and how it can be improved.

Social self-care includes learning to say no if you need to, as well as making time to spend with family or taking that chance and going on a date. It focuses on strengthening your relationships and doing what you need to do in order to meet your individual social needs.

**5. Practical**

Another type of self-care you’ll want to focus on is practical self-care. This relates to the practical aspects of your life such as your finances, career and organizational skills.

By focusing on practical self-care, you’ll potentially avoid stressful situations in the future. Taking care of your finances for example, will greatly reduce your stress levels and ensure you’re well-equipped to handle any potential future cash flow challenges.

Some practical self-care tasks include creating a budget, taking a course to progress in your career and organizing your closet.

These are just five examples of the different types of self-care. If you’re committed to improving your quality of life and becoming happier, you’ll want to make sure you’re taking care of all of your needs.

However, with so many things to focus on, it’s easy to become overwhelmed. So, it’s a good idea to start by focusing on one or two self-care tasks until they become a regular habit. Then, you can move on to other tasks to gradually improve your life.

**Complementary email**

**Complementary blog post:** 5 Types of self-care

**Subject:** New post – Discover the different types of self-care

{Hi Firstname}

Self-care is something most of us know we need to focus on in order to live a healthy and happy life. However, taking care of yourself involves so much more than simply taking a bubble bath and taking time out for yourself.

Did you know there’s actually many different types of self-care you can practice? Each focus on a different aspect of your life, helping you to improve everything from your health to your relationships.

In today’s post, I’ll reveal 5 types of self-care you’ll want to adopt into your life. If you want to ensure your self-care routine delivers maximum benefits, you’ll want to check out this post.

LINK

You’ll discover the importance of emotional self-care and why practical self-care shouldn’t be ignored. You’ll also see the benefits of adding physical, social and spiritual self-care into your routine.

Don’t miss out on this fab post!

{Sign off}

**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