

# Emotional Self-Care Practices

Everyday practices for emotional health and inner nourishment

*Self-care is not a bubble bath (though bubble baths are valid). It is the ongoing practice of honouring what you need — physically, emotionally, mentally, and spiritually — without guilt or negotiation.*

## THE FOUR DOMAINS OF SELF-CARE

### Physical

Sleep (the most underrated mental health practice), movement you enjoy, nourishing food, sunlight, water, rest.

### Emotional

Journaling, therapy or coaching, meaningful relationships, permission to feel, healthy expression of difficult emotions, time alone to process.

### Mental

Reducing information overload, stimulating reading, learning something new, setting limits on news and social media, creative expression.

### Spiritual

Whatever connects you to something larger — nature, meditation, music, prayer, community, service, ritual, beauty.

## THE EMOTIONAL SELF-CARE TOOLKIT

### Journaling for Release

Free-writing for 10–15 minutes without editing. Write whatever is in your head. Not to make sense of it — just to move it out of your nervous system and onto the page.

### Daily Emotional Check-In

Three questions, morning or evening: 'How am I really feeling right now?' 'What do I need today that I haven't asked for?' 'What is one kind thing I can do for myself in the next hour?'

### Saying No As Self-Care

Every 'no' to what depletes you is a 'yes' to what sustains you. No is not selfish — it is sustainable.

### The Nourishment Inventory

List everything in your life that gives you genuine energy. List everything that drains it. What could you add more of? What could you reduce?

# Emotional Self-Care Practices

Everyday practices for emotional health and inner nourishment

## **Pleasure Without Purpose**

Allocate time each week for something with no productivity value — no learning, no networking, no achievement. Pure enjoyment. This is not wasted time. It is necessary.

## **Rest as Non-Negotiable**

Rest is not the reward you get after earning it. Rest is what makes everything else possible. Protect it as fiercely as your most important commitments.

## A REFLECTION

---

What is one area of self-care you have been consistently putting last? What would it mean to put it first — just for this week?

---

You cannot pour from empty. Caring for yourself is not a distraction from caring for others — it is the foundation of it.