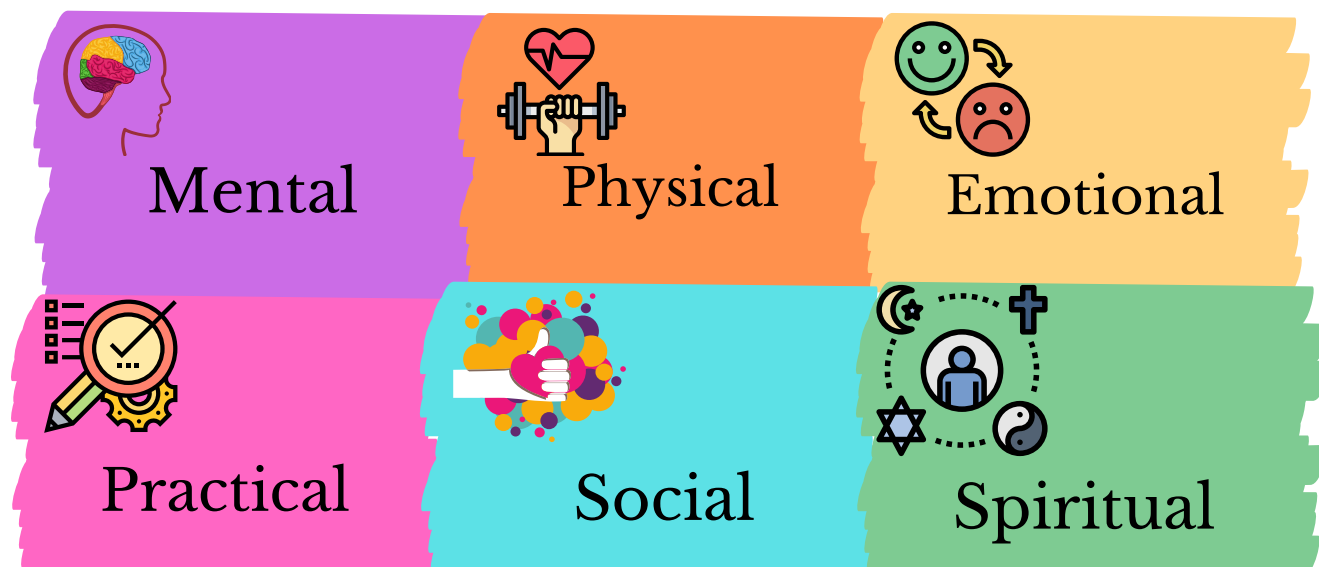




SPARTAN SELF-CARE CORNER

6 COMPONENTS OF SELF-CARE



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When thinking about self-care, our brain might immediately think about unwinding in relaxing ways such as a bubble bath, sipping wine, and reading a book. While self-care can include these activities, there's so much more to it.

Spartan Self-Care Corner will help you discover new ways to practice self-care that will enhance your well-being by nourishing your mind, body and spirit.



Self-compassion is simply giving the same kindness to ourselves that we would give to others.

Christopher Germer



Welcome Spartans!

YouTube / Karen Altamirano / 1:35

[Click here to watch the video!](#)

Things To Do:

Take this **quiz** to find out how well you practice self-care!

Answer **survey** so I can get to know you and choose a meeting time.

Pick an item from the checklist below to try this week.

YOU'VE
TOTALLY GOT
THIS!

- ☐ Meditate
- ☐ Cook your favorite meal
- ☐ Write down 5 things you're grateful for
- ☐ Connect with a loved one via call or text
- ☐ Go for a walk
- ☐ Take a nap
- ☐ Declutter your workspace
- ☐ Take a break from social media