Emotional Self-Care Activities

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Actividades de autocuidado emocional

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Practica la gratitud

Lee un libro

Organiza tu espacio

Ponte al día con amigos o familiares

Medita

Pasa tiempo con una mascota

Mira tu película o programa favorito

Haz ejercicio

Come sano

¡Organiza una fiesta de baile!

Haz una excursión de un día

Usa ropa que te guste

Cuida tu espacio

Escucha música

Da un paseo

Practica un deporte

Pon algo de música

Come regularmente

Duerme lo suficiente

Physical Self-Care Activities

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Actividades de autocuidado físico

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Psychological Self-Care Activities

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Actividades de autocuidado psicológico

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Spiritual Self-Care Activities

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CREATE A LIST OF DREAMS + GOALS

CELEBRATE MILESTONES

MEDITATE, PRAY OR REFLECT

WRITE OUT YOUR VALUES + MORALS

FIND COMFORT IN THE UNKNOWN

READ YOUR SACRED TEXT

FORGIVE YOURSELF FOR YOUR MISTAKES

SEEK MOMENTS OF AWE

STRETCH + MOVE YOUR BODY

WRITE DOWN AFFIRMATIONS

SPEND TIME IN NATURE

BE OPEN + INSPIRED

FIND A SPIRITUAL CONNECTION OR COMMUNITY

CHANGE YOUR PERSPECTIVE

Actividades de autocuidado espiritual

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