Think of self-care as basic maintenance for your mind and body. To practice:

- **Start with recognizing and acknowledging your basic needs.** In order to give yourself the care you need, listen to your body, your mind, and your feelings.

- **Give yourself permission.** Remember: We’re talking about basic maintenance. It’s more than okay to give yourself what you need to function. It’s essential.

- **It won’t happen on its own.** Look ahead and make time for self-care, just like you do with commitments to work, family, and friends. Put personal time on your calendar and announce your plans to others, so that they can manage their own expectations and needs.

Here are the five essential realms of self-care to help you meet your needs.

**Physical**
Caring for your body with regular movement, nourishing foods, and sleep.

**Psychological**
Caring for your mind with activities that help you feel calm, connected, creative, and resilient.

**Spiritual**
Connecting with what gives your life meaning. This may look like meditation, prayer, or self-reflection time.

**Professional**
Caring for your work by finding integration between your work and life. This may include activities that help you pursue growth.

**Emotional**
Caring for the way you feel with self-compassion or activities that help you accept hard emotions and promote positive emotions, like joy, awe, and contentment.