

BASIC

EMOTIONAL

SELF CARE SQUARES

RELATIONAL

PHYSICAL

'Self-care' is understanding what you need to do to maintain or improve your wellbeing as an individual. This might be by eating healthy, taking adequate sleep, having some time alone, exercising regularly, spending time with friends and family, ensuring you take enough breaks at work or making time for hobbies. Think about the things you need to make a priority for you.