

# Week 6

## Summary and References Page

### What is self-care?

*“A self-initiated activity with intention to increase general well-being and alleviate distress”*



### Domains of Self-Care

**Work** *What is your work situation? Stressful?*

**Social** *Who is in your life? How much stress do they cause?*

**Physical** *Do you get enough sleep? Eat healthy? Exercise?*

**Emotional** *How well do you manage your emotions?*

**Spiritual** *Do you relate to something greater than yourself? Service to others? Etc.*

### Self-Care Assessment

- 1) How would you rank yourself on the above general domains?
- 2) What are your 2-3 primary self-care strategies?

### References

Germer, C. K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. New York, NY: Guilford.

Neff, K. *Self-compassion: The proven power of being kind to yourself*. New York, NY: HarperCollins.