

SELF-TREATMENT STRATEGIES

Self-care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook..



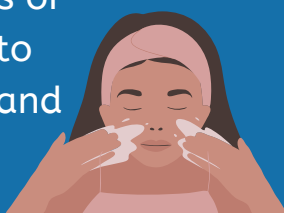
Self-care

Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.



Types of self-care

We can distinguish 5 types of self-care corresponding to different levels of health and well-being



Types of self-care

- Physical self-care
- Social self-care
- Mental self-care
- Emotional self-care
- Spritual self-care

