

THE 7 PILLARS OF SELF-CARE



KNOWLEDGE & HEALTH LITERACY

Understanding health, illnesses, and ways to self-care to make informed choices about your own health and lifestyle



MENTAL WELLBEING

Balancing life satisfaction, self-esteem, and sense of belonging with daily stressors to lead a productive life

PHYSICAL ACTIVITY

Regular exercise to help improve mood, sleeping patterns, lower stress, and reduce illnesses to improve overall health



HEALTHY EATING

Building a healthier diet to meet your personal needs, and reduce risks of other illnesses

AVOIDING RISKS

Limiting risky activities through moderating alcohol intake, practicing safe sex, and protecting yourself from overall danger



GOOD HYGIENE

Preventing the spread of diseases and maintaining your health through keeping yourself and the environment clean

PRODUCTIVE USE OF PRODUCTS & SERVICES

Safely using wellness services, traditional medicines, and health products when needed to effectively promote health and well-being



One Healing Space

Source: <https://isfglobal.org/practise-self-care/the-seven-pillars-of-self-care/>