



# YOUR SELF-CARE CHECKLIST TO LIVE BY

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2023



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## Balanced Healing

# INTRODUCTION TO SPIRITUAL HEALTH

Researchers at the Catholic Health Association in St. Louis explain that spiritual health is the aspect of our well-being that organises the values, relationships, meaning and purpose of our lives.

There is a strong relationship between physical and spiritual well-being, which is why it's important to engage in activities or practices that foster your spirituality.

Here are some ideas to add to your self-care routine:



## Balanced Healing

# SPIRITUAL SELF-CARE ACTIVITIES

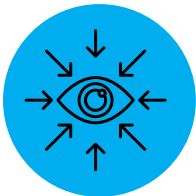
## There are 4 Activities



### 1 TAKE TIME FOR HEALING PRAYER OR MEDITATION

Healing prayer can be very powerful, positively impacting our hormones, neurotransmitters, gut health, immunity and digestion.

**Practice frequency:** Daily (for at least 5–10 minutes), ideally at the same time each day.



### 2 PRACTISE VISUALISATION

Practising visualisation, especially as you pray, will promote goal-setting, keep you on the right track and improve motivation.

**Practice frequency:** Daily, can be done with healing prayer.



### 3 READ SPIRITUALLY UPLIFTING BOOKS

Reading spiritual, inspirational books will improve your sense of morality and gratitude.

**Practice frequency:** Daily (perhaps in the morning or evening) or several times per week.



### 4 GET INVOLVED

Getting involved in a church or community group will foster your spiritual, mental and social health. It reinforces your sense of connection to God and others.

**Practice frequency:** Weekly or as often as possible.

# FINAL THOUGHTS

- When life gets chaotic and stressful, it can be easy to forget about the importance of self-care.
- Self-care is not a once-a-month trip to the spa, it involves taking care of yourself every day, without fail.
- Creating a self-care checklist is an easy way to outline your physical, social, mental, spiritual and environmental health needs.

**If you require any medical intervention to assist with your self-care health journey**

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