



**Self-Care and You: Starting Your Journey**

- Your Six Self-Care Pathways
- Compassion Fatigue and Burnout

**Physical Self-Care Pathway**

- Nutrition
- Exercise
- Sleep and Rest
- Your Accountability Buddy and Self-Care

**Mental Self-Care Pathway**

- How Stress Harms Your Health
- Reducing Stress
  - Mindfulness
  - Meditation
- Exercise and Stress
- Self-Talk and Stress
- Yoga
- Tai Chi

**Other Self-Care Pathways**

- Emotional Self-Care
- Spiritual Self-Care
- Relationship Self-Care
- Choice Self-Care

**Self-Care and You: A Lifelong Journey**

**Bibliography**

