

# SELF-CARE

More than just physical.



MENTAL: SELF-TALK,  
WELL-BEING,  
THERAPY.



EMOTIONAL: AWARENESS,  
COMPASSION,  
GRATITUDE.



PHYSICAL: EAT,  
WORKOUT, SLEEP.



SOCIAL: CONNECT,  
RELATE, COMFORT.



SPIRITUAL: MINDFULNESS,  
YOGA, PRAYER.

Call 757-352-4488 for more  
information on mental health care.

[WWW.PSCVB.COM](http://WWW.PSCVB.COM)