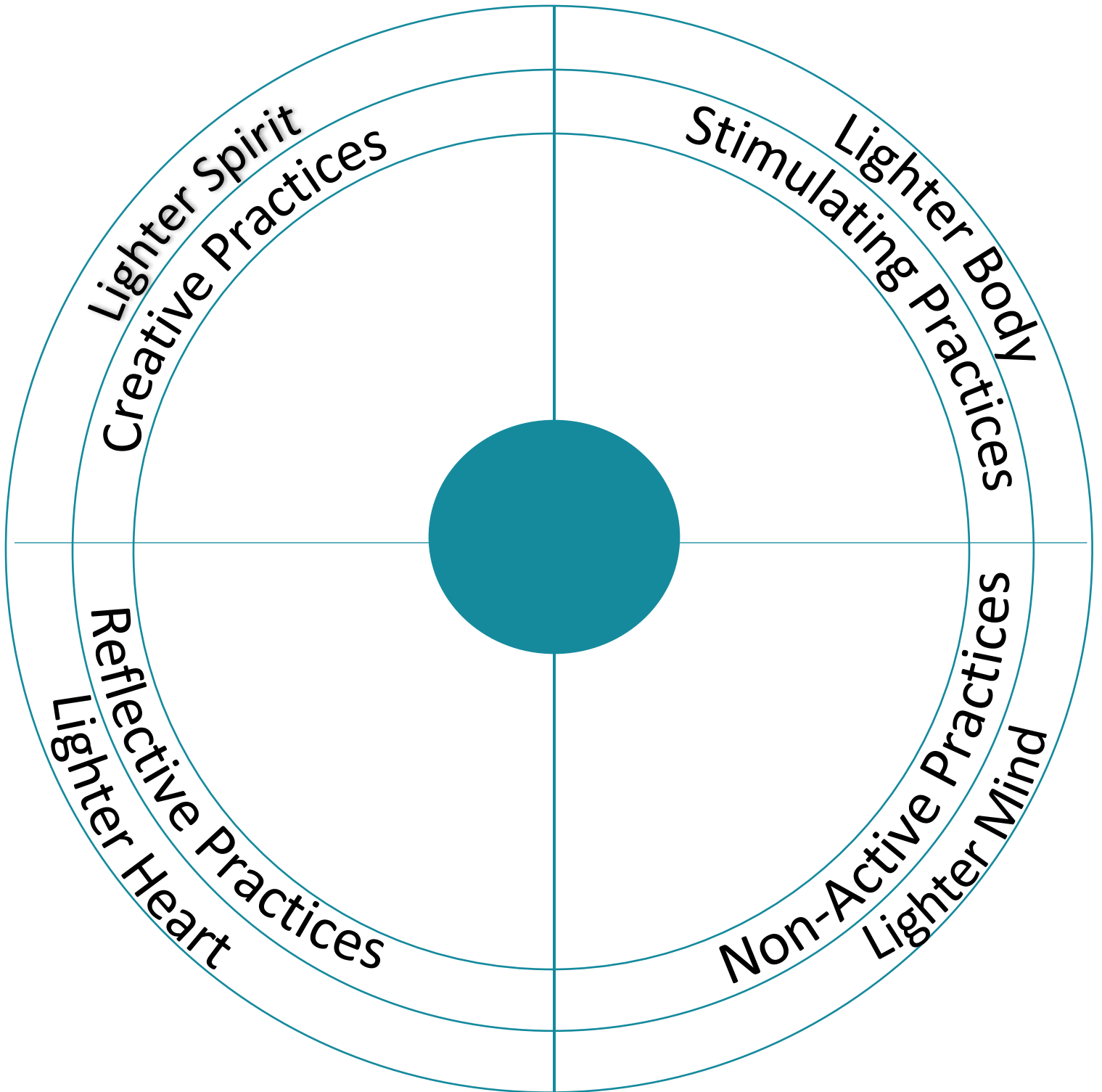


The Radical Self Care Model



The Radical Self-Care Model

The 444: 4 Phases of Exhaustion, 4 Essential Self-Care Lighters, 4 Categories of Self-Care Activities

THE 4 PHASES OF EXHAUSTION

Physical Exhaustion	Mental Exhaustion	Emotional Exhaustion	Spiritual Exhaustion
<ul style="list-style-type: none"> • Getting too little sleep • Not feeling fully rested • Feeling drained and physically tired • Having a hard time maintaining healthy habits 	<ul style="list-style-type: none"> • Having an overactive monkey mind • Staying in your head • Making up stories • Being controlled by past beliefs 	<ul style="list-style-type: none"> • Holding on to feelings • Numbing, distracting yourself from, and avoiding feelings • Judging, criticizing, and blaming yourself 	<ul style="list-style-type: none"> • Feeling unfulfilled • Feeling disconnected from purpose • Lacking spirituality
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4 CATEGORIES OF SELF-CARE ACTIVITIES

Stimulating Practices	Nonactive Practices	Reflective Practices	Creative Practices