

NAME _____



SELF - CARE

Self care is vital to ensure that you maintain a good healthy and balanced well being. Looking after yourself should be your number one.

WHAT DOES SELF CARE LOOK LIKE TO YOU?

DO YOU PRACTICE SELF CARE? IF NOT WHY

SOME OPTIONS TO CONSIDER-

- Eating healthy foods
- Taking care of personal hygiene
- Exercising
- Getting enough sleep
- Doing activities of interest
- Self reflections and meditation
- Writing / Journaling
- Make a gratitude list
- Practice breathing techniques
- Pray / Meditate
- Make a to do list
- Learn a new skill
- Taking time out

Self care matters and you matter, make more time for it