

# How to practice Self Care

Self care is deliberately doing an activity in order to take care of your mental, emotional and physical health

- ✓ Getting quality sleep
- ✓ Enjoying the sunshine
- ✓ Getting outside
- ✓ Reading a book
- ✓ Writing or drawing
- ✓ Yoga
- ✓ Meditation
- ✓ Getting or giving a hug
- ✓ Cooking and eating good food
- ✓ Learning something new
- ✓ Connecting with loved ones



Self Care is...



Self Care isn't

- × Being selfish
- × The same for everyone
- × Saying yes to everyone
- × Focusing on external things that make you feel good
- × Talking negatively to motivate yourself

Challenge yourself to do one self care activity every day

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