

Let your
light
shine

**TIPS FOR
PRACTICING SELF-
CARE**

WHAT DOES SELF-CARE MEAN?

YOU DEFINE
WHAT SELF CARE
MEANS TO YOU.



Self-care looks different for everyone. Self-care means any activities that you do to take care of your mental, emotional, and physical health.

Self-care is an ongoing process that you should practice as often as you can.

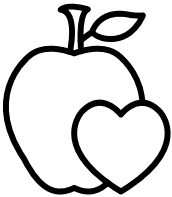
Prioritizing yourself and health is **not** selfish. When you take time for yourself to nourish your mind and body, you're taking the time to do more for yourself, and ultimately for others do.

EXAMPLES OF SELF-CARE

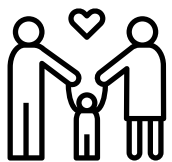
There are many different ways to practice self-care. It's all about trial and error and finding what works best for you, here are some ways to get started!:



Get enough sleep! It's recommended to get 6-8 hours of sleep a night.



Eat a balanced diet. Find foods that will help boost your mood and energy.



Spend time with your friends, family, and loved ones. Talk to them if you need support.



Move your body! Even simple stretches can help your body relax.



Engage with your hobbies! Taking time to do what you love can be super calming and relaxing!

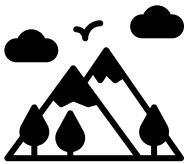
EXAMPLES OF SELF-CARE CONT.



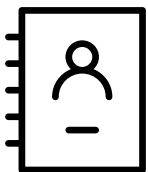
Unplug and turn off your phone for a while. Being "online" for an extended period of time can be draining, and it's okay to take a break for a while.



Declutter your space! Having an organized space will help you focus better.



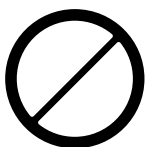
Go outside and get some fresh air! Spending time in nature is really therapeutic.



Keep a journal - writing or drawing your thoughts and feelings can be really helpful!



Create a checklist and prioritize what's important!



It's okay to say NO. Don't say yes to others if it means sacrificing your wellness.