reminder:
☑ take care
of yourself!

My self-care plan because self-care is where I begin:

Emotional

Take a hot bath

Breathing exercise   Help others

Reflect on your achievements

Reward   Smile

Connect with friends/family

Mental/Mind

Talk to friends

Learn something new

Listen to music

Do something fun

Celebrate successes   Relax

Physical

Eat Healthy

Look after your body

Get Active   Sleep well

10 minutes exercise a day