

SELF CARE

What is it?

Self care is an activity that tries to improve health. It means doing things that bring joy to your life or relax you.

Why is it important?

Self care is important because it makes us feel good, connects us to our bodies, calms us down, and helps our relationships with others.

What are some things you can do to take care of yourself?

Exercise



Listen to music



Talk to someone



Draw or write



Meditate or pray



- ☆ Breathe
- ☆ Light a candle
- ☆ Do something special for yourself
- ☆ Watch a movie
- ☆ Take a bath
- ☆ Read a book