

Taking Care of Myself!

Below are some ways that you can care for yourself!



Read



Write in a journal



Organize your things



Go for a walk



Dance



Meditate



Play a sport



Work on an art project



Talk with a friend



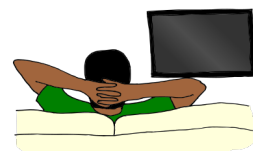
Listen to music



Laugh



Nap



Watch a movie