SELF CARE



It's All About You!

Do Anything That You enjoy Doing

1. Walk /run

Do some excersize. Any type of physical

activity can help distract your mind.

2. Music

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Listen to music. Your favorite song that you can jam too will help.

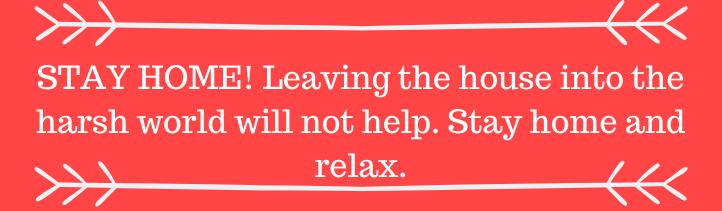
3. Friends

Spend time with friends. They are here for you, and they care about you.

4. Movie

Watch tv, or a movie. Watching something in another world will distract you.

5. Home



6. Help

Sometimes you just need to talk to someone about your feelings. Consult with a therapist or a professional.

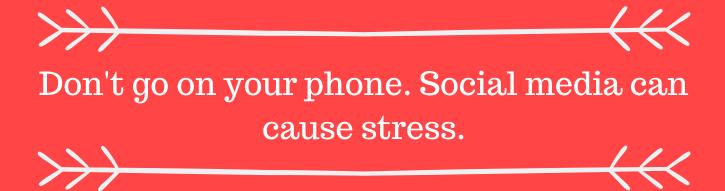
7. Read

Reading will have a similar affect as watching a movie. It will get your mind involved with non-reality.

8. Sleep

Sometimes all you feel like doing is to sleep a little longer. GO, sleep longer. It will help, just don't sleep the day away.

9. Be Free



10. Self

Think about yourself. What do you need right now? What will make you happy?

11. Game

Play some video games. It can feel great to advance to the next level. Just dont get upset if you lose.

12. Vacation

Try to go on a vacation. Leaving home will leave all your worries behind. Enjoy the days your gone.

Thank You!

Hopefully
this helped.
Just do what
makes you
happy!