

SELF CARE



Photo By: Anthony Lakey

It's All About You!

Do Anything That You enjoy Doing

1. Walk /run



Do some exercise. Any type of physical activity can help distract your mind.



2. Music



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



STAY HOME! Leaving the house into the
harsh world will not help. Stay home and
relax.



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



Don't go on your phone. Social media can
cause stress.



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 don't 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!

