

# SELF CARE



Photo By: Anthony Lakey

# It's All About You!

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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



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





# 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!

