

# My Self-Care

To become better and healthy student.



## Physical Self-Care



- I Sleep 6-8 hours a day
- I Eat meal regularly, don't skip meals
- I Exercise with my friend every 2-4 a week
- I Shower regularly



## Social Self

- I Spend quality time with people who make me feel good, like friend or with my love ones
- I reach out to my classmate for study help

## Academic Self-Care

- I use app or website in making an reviewer like quizlet
- I reward myself when finishing examinations
- I also don't hesitate to ask people or my teacher and classmate when I don't Understand something

