

Self-Care 101 & Building Support Networks

Title: *"Your Care Kit"*

Experts say small daily actions reduce stress

Self-Care Tips:

- Sleep at least 6–8 hours.
- Eat well and drink water.
- Move your body with gentle walking or dancing.
- Talk to one friend a week.

Support Network Tips:

- List your "safe people" – who can you call or message?
- Join a local women's group or prayer group.
- Keep a journal of support moments (like someone helping you with chores or saying kind words).