

Self-Care

Do an activity that helps you survive, grow and thrive. Here are a few suggestions:

Rest

Sleep in, have a nap or go to bed early.

Move

Move your body in a way that makes you feel your best. This could be going on a run, stretching, dancing or gardening.

Express Yourself

Do something creative to express yourself. It could be through music, painting, writing, designing or creating something new.

Focus On Your Mental Health

Try affirmations, journaling, breathing exercises, a social media detox or meditation.

Eat What You Love

Eat whatever makes you feel good.

Do Something You Love

Spend time doing something you love to do or something that makes you happy.

