

SELF-CARE ACTIVITIES

IT IS GREAT TO HELP OTHERS, BUT DON'T FORGET ABOUT YOURSELF. PERFORM A 5 MINUTE SELF-CARE ACTIVITY DAILY TO HELP YOU COPE WITH STRESS.

HAVE A DANCE PARTY: TURN ON YOUR FAVORITE SONG A DANCE LIKE NO ONE IS WATCHING.

DRAW A PICTURE: DRAW A PICTURE, DOESN'T MATTER WHAT!

WRITE IN A JOURNAL: FIND PAPER AND WRITE DOWN YOUR FEELINGS, AND HOW YOU PLAN ON FIXING IT. WRITE DOWN THE DATE SO YOU CAN REFER BACK AND REMEMBER HOW YOU HANDLED THE SITUATION.

MEDITATE: LAY DOWN OR SIT IN A COMFY CHAIR. TAKE SOME DEEP BREATHS OR JUST SIT QUIETLY.

EXERCISE: GO THROUGH THESE EXERCISES AS MANY TIMES AS YOU CAN IN 5 MINS: 5 JUMPING JACKS, 5 PUSH UPS, 10 SIT UPS, 10 BIG ARM CIRCLES.



