TIPS FOR SELF-CARE

“LOVE YOURSELF FIRST AND EVERYTHING ELSE FALLS INTO PLACE”

- JANE TRAVIS

- Be mindful
- Meditate
- Be positive
- Listen to music

- Create a self-care plan
- Eat healthy
- Exercise regularly
- SLEEP!
- Go offline
- Do something you love at least once a week
- Seek out social support
- Reward yourself for your accomplishments, big or small

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