



# SELF CARE

## *activities*

**DONT OVERWORK  
YOURSELF. TAKE A  
REST WHEN  
NEEDED.**



**TREAT YOURSELF  
WITH THE FOODS  
YOU LIKE**



**CONNECT OR  
INTERACT WITH THE  
PEOPLE YOU FEEL  
COMFORTABLE WITH**



**TAKE A SOCIAL MEDIA  
BREAK. DO PHYSICAL  
ACTIVITIES YOU ENJOY.**

