

TIPS FOR SELF-CARE

- Create a journal
- Take a walk or exercise
- Meditate
- Grow plants
- Take a day to pamper yourself
- Read a book
- Nurture yourself and feelings
- Do what makes you happy!

STRATEGIES FOR DEALING WITH EMOTIONS

Take deep breaths

Use positive self-talk

Talk to someone you trust

Get active.

Relax.

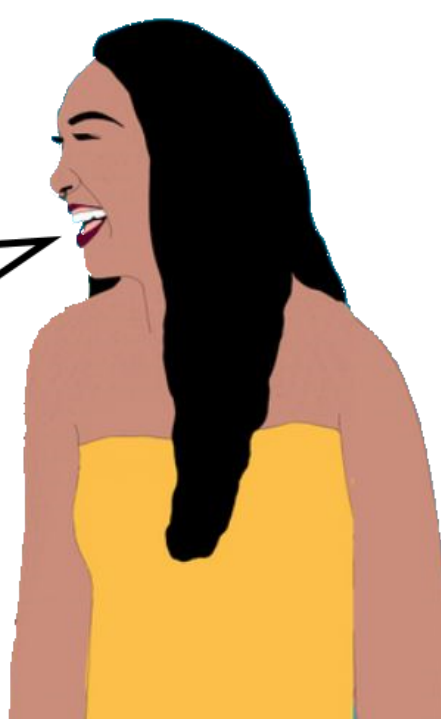
SELF-TALK

Self-talk is your inner voice. It is the thoughts you have about yourself and your experiences.

SELF-TALK TIPS

- Catch and challenge any negative thoughts
- Remind yourself about what you are grateful
- Practice affirmations.
- Focus on what you can do
- Remember that nothing and no one is perfect

We cannot control every situation, but we can control how we react.



I'm happier and healthier when I have space