

# SELF CARE

## TIPS FOR MENTAL AND PHYSICAL WELL-BEING

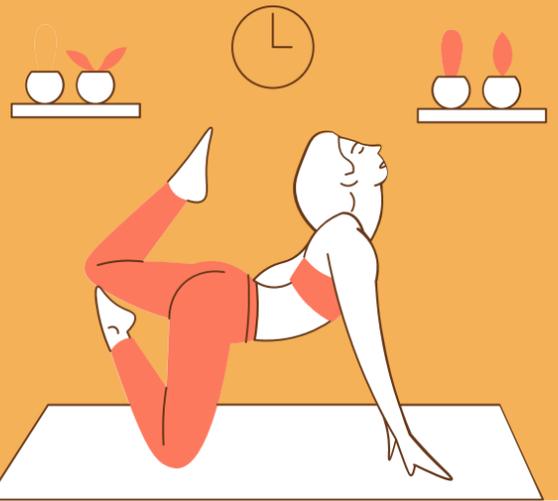
### EAT WELL

Get in a variety of fruits & veggies



### EXERCISE

30-60 minutes per day



### QUALITY TIME

Spend time with special people doing things that you enjoy



### TAKE CARE OF YOUR BODY

Bathe/shower and brush teeth daily



### REST

6-8 hours per night



### CREATE A MEANINGFUL DAILY ROUTINE

with activities you enjoy and make you feel proud



### TAKE CARE OF YOUR MIND

Practice Mindfulness & Meditation Activities

