

SELF-CARE CHEAT SHEET

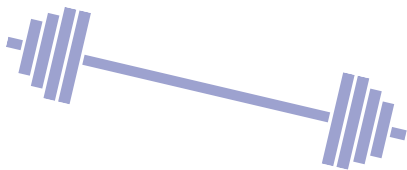


GET SOME REST

Plan for 8 hours of sleep a night. Nap if you need to. Take a break. Make a point to tell yourself “I’m resting now” at least once a day

DRINK SOME WATER

Your body is roughly 60% water, and you’re probably not drinking enough of it. Get yourself a cup or bottle with a straw. It’s an easy way to up your water intake.



MOVE YOUR BODY

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. You don’t have to go for a run or sweat for hours in the gym. Just move!

CALM YOUR MIND

Take 5 minutes every day and just breathe. Learn to meditate. Be still. Center yourself. Learn to sit with your thoughts and feelings without acting on them.



ENJOY YOURSELF

Do something every day that makes you laugh. Connect with your friends. Watch a favorite movie or tv show. Get outside. Love your life!