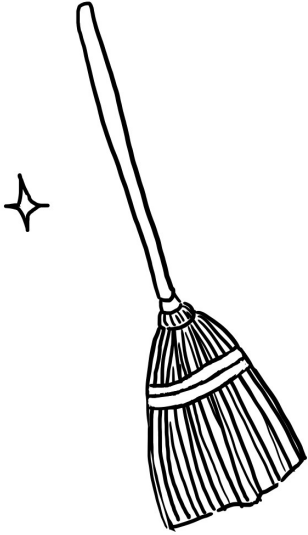


Self-Care Suggestions



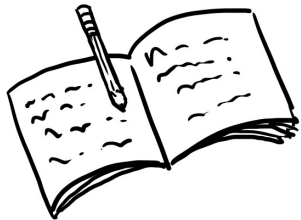
Clean Up Your Area



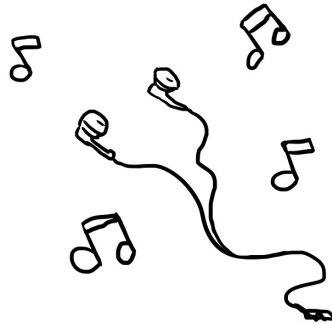
Hydrate Yourself
Drink Water



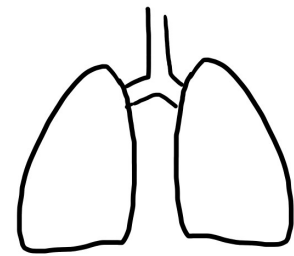
Create Some Art



Journal Your Thoughts
And Feelings



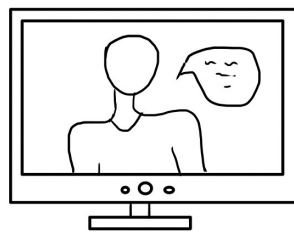
Listen To Relaxing
Music



Breathe
Inhale for 7 seconds
Exhale for 8 seconds



Read Some Books



Talk With A Friend



Go Outside
Take A Walk

What are some other self-care ideas? List them below!