

Acts of Self Care



Exercise



Take a digital detox day



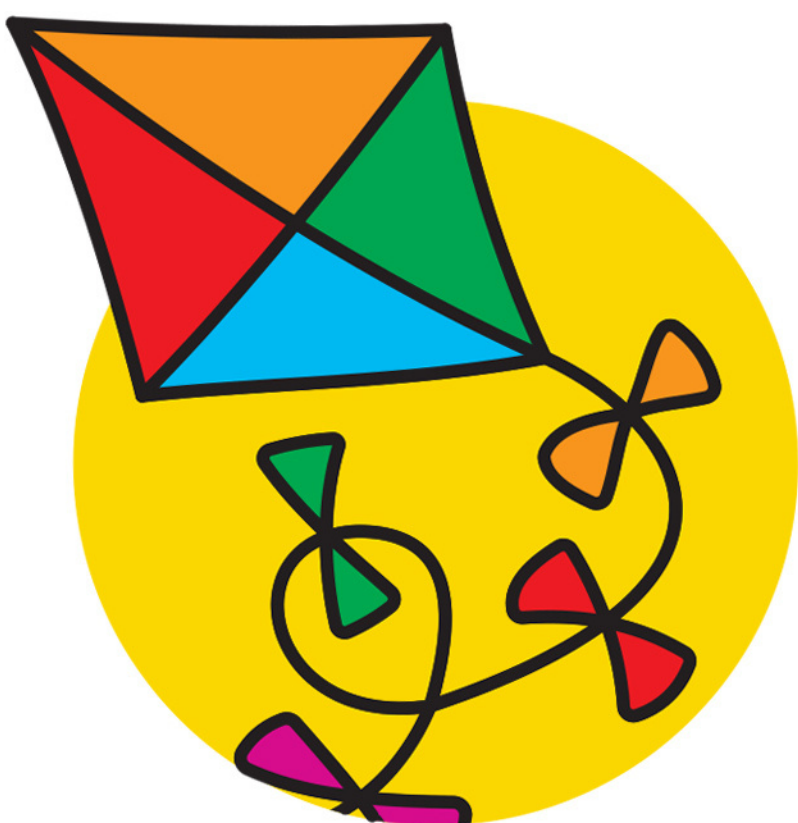
Take a rest



ASK for help



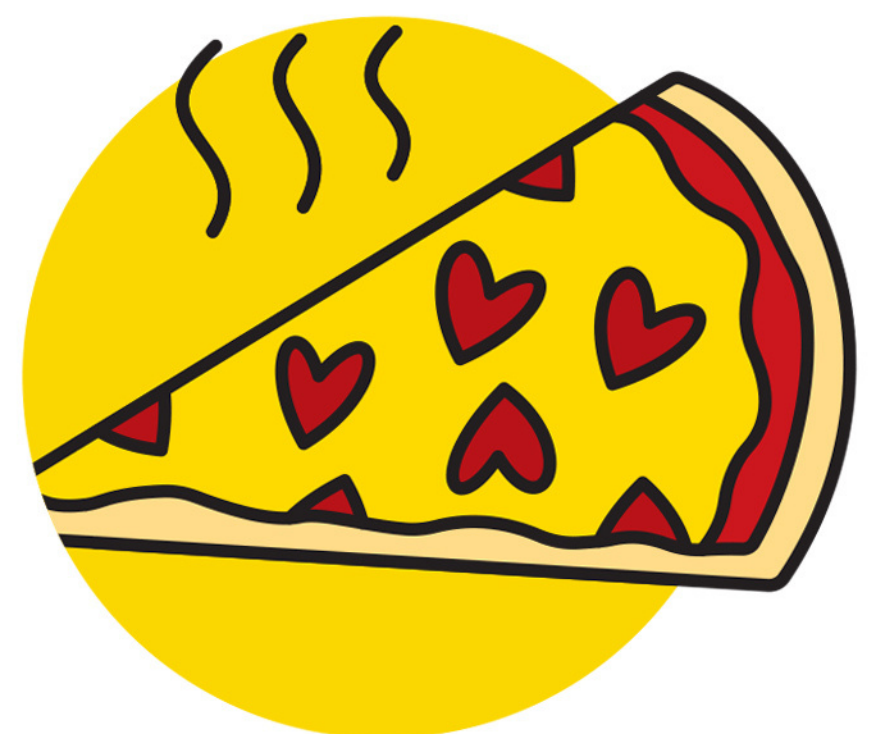
Express yourself



Do something you enjoy



Speak to your fave people



Eat something you like