



QUARANTINE CHRONICLES

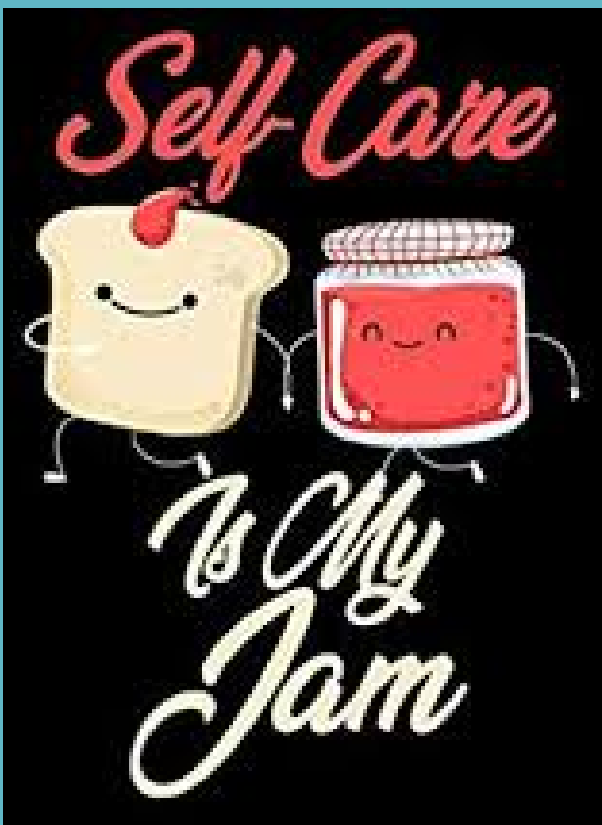
THIS WEEK: SELF-CARE!

Hi there!

Practicing self care can be easy to forget when you are out of your normal routine.

Remind yourself you deserve it!

Keep scrolling for some ways to show yourself love this week.



HEALTHY CORNER

With so much going on with our lives today, we often forget to **take care** of ourselves.

It is important to show some love and kindness to our body and mind.

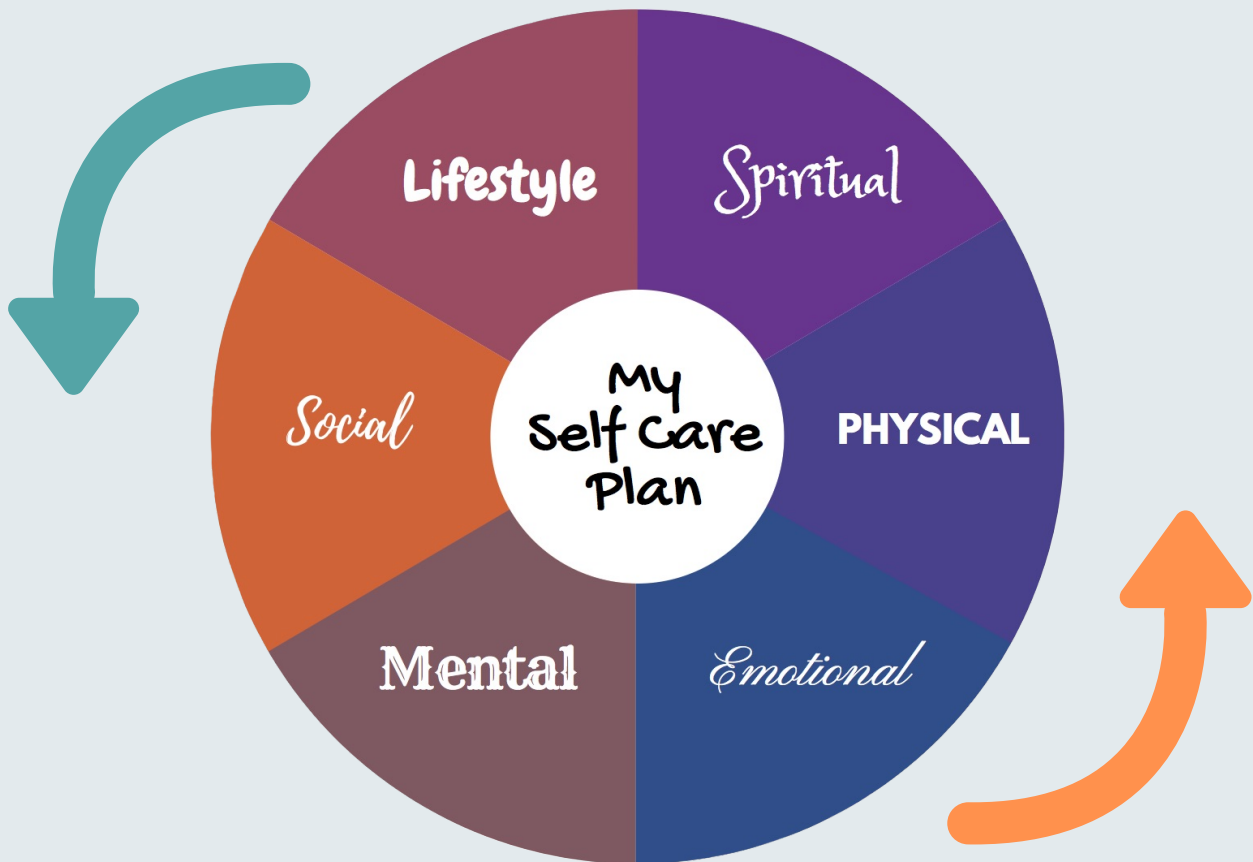
Here are some benefits of self-care:

- Promotes healthy relationships
- Improves mood and positive thoughts
- Increases rest and peace

Wheel of Self-Care

Stress shows up differently for everyone, which means there's not a "right" way to manage your stress. It can be helpful to have a lot of coping skills to use when you're low key (*and high key*) stressed!

Use the wheel and examples below to create your own self-care plan for this week!



- ✓ **Lifestyle:** Eat a healthy snack, less screen time, get ready in the morning
- ✓ **Spiritual:** Thank someone you love, do some yoga, listen to music
- ✓ **Physical:** Youtube workout, do some stretching, go for a walk

- ✓ **Emotional:** Paint a picture, practice self-love by using kind words to yourself, journal
- ✓ **Social:** Text or Face-Time a friend, schedule a virtual game-night
- ✓ **Mental:** Ask for help, take time for yourself, watch a movie with no distractions

"Talk to yourself like you would talk to someone you love."

- Brene Brown