

The background features abstract watercolor-style shapes in various shades of green, blue, and pink, set against a white background. The shapes are soft and blended, creating a gentle, artistic feel.

SELF CARE



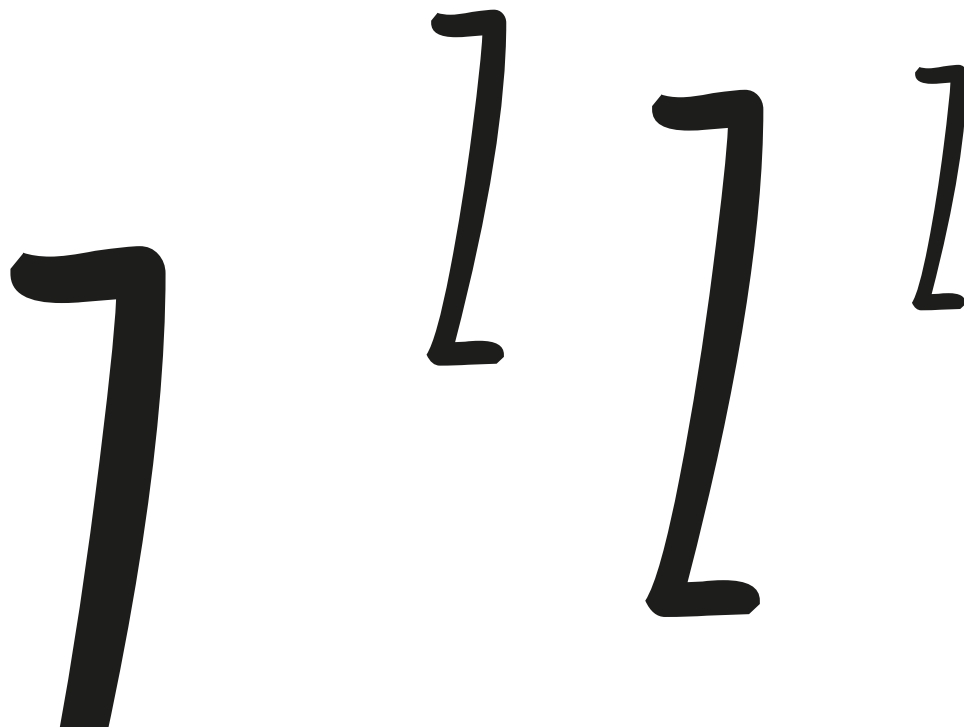
When life gets busy, self-care is often the first thing to go out of the window.

To take better care of your mental health...



GET ENOUGH SLEEP

Rest and self-care go hand-in-hand.



MAKE TIME FOR PERSONAL CARE EVERY DAY



Even if it's just getting dressed
and brushing your teeth.

MOVE YOUR BODY MORE

Walk, run or just stretch.
Release those endorphins!

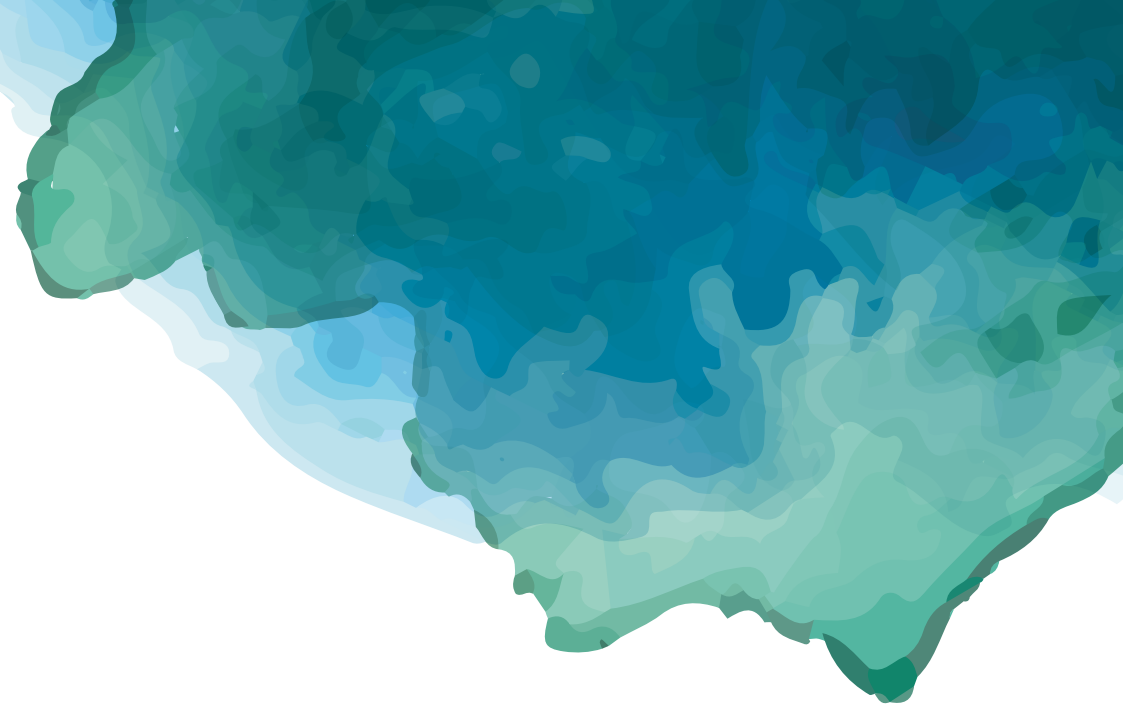




GO OUTSIDE

Try leaving the house every day, even if it's just for a short walk.

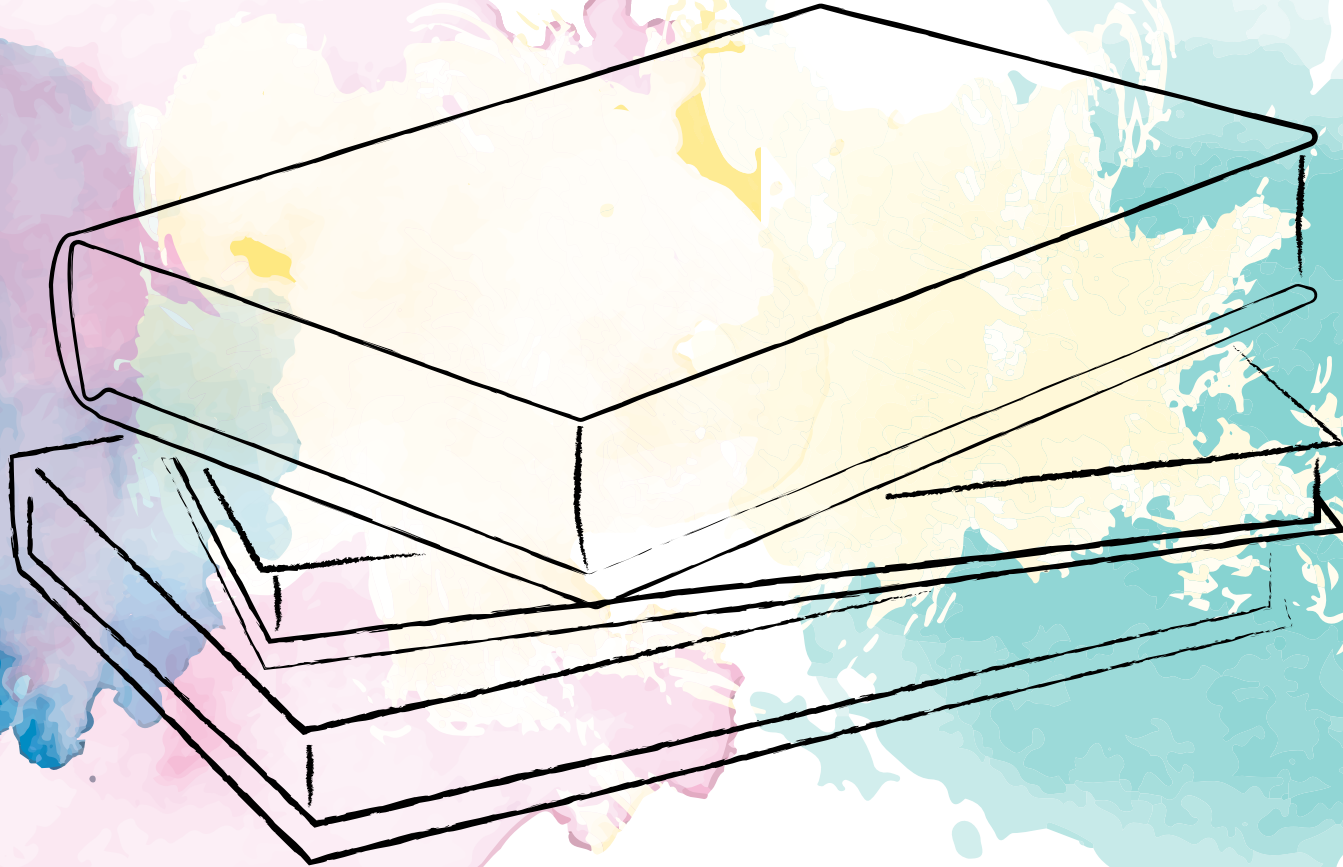




CONNECT WITH OTHERS

Text, call, or hang out
with friends or family.

SCHEDULE IN SOME 'ME TIME'



Do something you love, whatever that looks like. Reading. Walking. Trashy TV. Self-care is different for everyone.

BE KIND TO YOURSELF

Try not to feel guilty if you don't manage to do as much as you'd like. Start small.



TALK ABOUT YOUR FEELINGS

Especially if you're
struggling. Asking for help
isn't a sign of weakness!





REPEAT

Self-care isn't a one-time thing. Little acts of self-care practised often make for a healthier, happier you.

The background features abstract watercolor-style shapes in various colors: a large green shape in the top left, a pink shape in the top right, a yellow shape in the bottom left, and a blue and green shape in the bottom right. The text is centered in the white space between these shapes.

You can't pour from an empty cup.
Make self-care a priority and look after yourself first.