

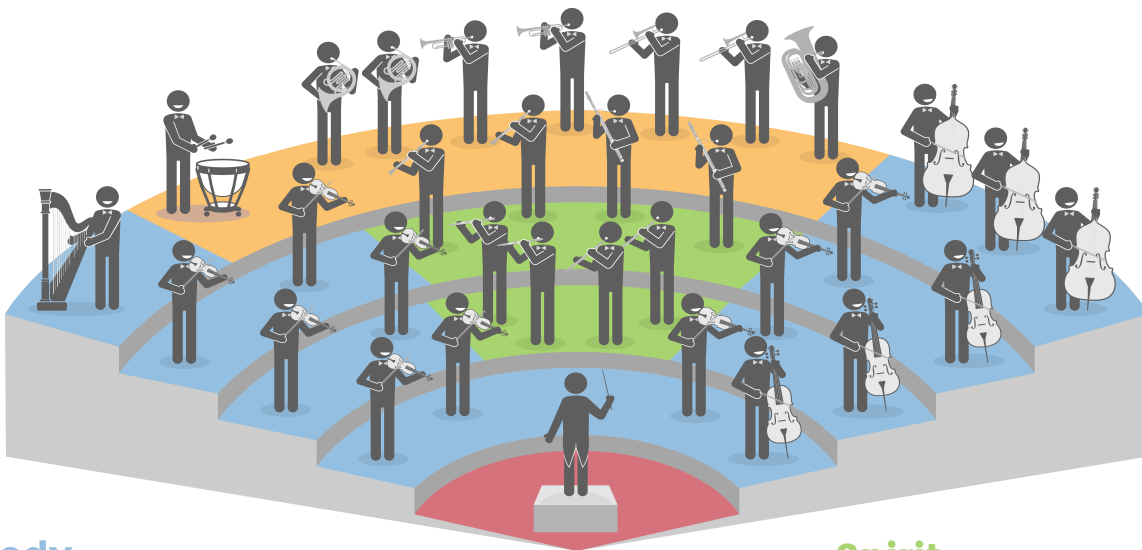
conducting YOUR SELF-CARE

Daily life is a complex symphony of experience, but you should take the time to relish one note at a time. Focus on activities that nurture your mind, body, and spirit, making sure that each has a time to shine and be heard. Or strike a chord and find activities that refresh your entire being. Whatever you choose, make sure you create a rhythm that helps you find the balance in your life.

		Unplug		Sit quietly		Eat well
		Breathe		Meditate		Hang out with friends
		Paint		Spend time in nature		Make connections

Mind

Manage your time: schedule work and play Do one small thing a day that makes you happy Unplug for a time Read for pleasure	Hang out with friends De-clutter and get organized Prune your calendar Switch up your routine now and again Meditate
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Body

- Be fully rested
- Take deep breaths
- Stretch - wake your body after all day in class
- Take some time in nature
- Eat regularly and well - remember breakfast
- Drink water
- A few minutes in the sun
- A quick nap
- A good laugh
- Get exercise daily but take breaks to rest your body

Spirit

- Make connections with friends, family and teachers
- Sing or dance
- Ask for help when you need it
- Think about your strengths and find opportunities to use them
- Write in a journal
- Draw or paint
- Use your imagination
- Sit quietly and see how you're feeling
- Spend time with a pet - yours or someone else's