Ways to TAKE CARE YOURSELF

I love me

Take a break from social media Limit how much news you consume Est nutritious food Acknowledge how you're feeling Stay connected with family and friends Add some variety to your routine Try a guided meditation Spend time on activities you love Declutter/tidy your space Name how you feel Caugh every day Download an app to help manage anxiety Move - in whateve way works best for you and stress healthy boundaries solf-compassion Practise Research shows these activities are good for your mind, body and spirit:

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Check out the student and employee portals for more well-being resources.

√ Engaging in play

V Spending time in nature & Random acts of kindness V Turning up the tunes

Take Care Of Yourself The Consumers Guide To Medical Care Revised

CL Gary

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