

Ways to **TAKE CARE** OF YOURSELF



Did you know?

Research shows these activities are **good** for your mind, body and spirit:

- ✓ Engaging in play
- ✓ Spending time in nature
- ✓ Expressing gratitude
- ✓ Random acts of kindness
- ✓ Turning up the tunes

WHAT ARE YOU DOING TO TAKE CARE OF YOURSELF? Share your tips on social media with us @georgiancollege and @mhwbgc



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Take Care Of Yourself The Consumers Guide To Medical Care Revised

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