

# Self-care Strategies

## You can:

- Stay connected  
*Call or FaceTime a friend or family member*
- Play a family game
- Listen to music
- Do art  
*Draw, color, paint, sketch, doodle and craft*
- Laugh  
*Tell jokes, watch funny videos, and take silly pictures*
- Share how you are feeling  
*Put your feelings into words*
- Write or journal
- Practice mindfulness  
*Do yoga, meditate, focus on the now*
- Move your body  
*Have a dance party, stretch, ride your bike, take a walk*
- Remember to stay hydrated – drink water!
- Have some alone time too  
*Read a book, take a nap, daydream*
- Spend time with a pet



**SAY**

Social Advocates for Youth