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