



# take care of your self



## FOR YOUR MIND

- |   |  |
|---|--|
| <input type="checkbox"/> Take a break from social media       | <input type="checkbox"/> Re-read a favorite book |
| <input type="checkbox"/> Spend time with animals              | <input type="checkbox"/> Listen to a podcast     |
| <input type="checkbox"/> Wear clothes that make you feel good | <input type="checkbox"/> _____                   |

## FOR YOUR BODY

- |  |   |
|--|---|
| <input type="checkbox"/> Practice trusting your body                               | <input type="checkbox"/> Hydrate with water |
| <input type="checkbox"/> Walk outside for 20 mins                                  | <input type="checkbox"/> Stretch break      |
| <input type="checkbox"/> Create a healthy meal that has a bright bouquet of colors | <input type="checkbox"/> _____              |

## FOR YOUR RELATIONSHIPS

- |   |   |
|---|---|
| <input type="checkbox"/> Think about a favorite memory    | <input type="checkbox"/> Practice sharing needs |
| <input type="checkbox"/> Plan a date (OCD can stay home!) | <input type="checkbox"/> Join a support group   |
| <input type="checkbox"/> Watch something funny together   | <input type="checkbox"/> _____                  |
- to encourage sharing joy
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