



SELF CARE



TYPES OF SELF CARE...

Mental

Mindfulness and relaxation



Physical

Balanced sleep and activity



Emotional

Positive self-talk



Personal

Time for yourself



Social

Time for friends and family



Spiritual

Practicing yoga and meditation



SELF CARE is really important if you want to keep being a supportive friend.

Friends are often the first person we talk to when we need support or are not doing well.

It is hard to help others if you are feeling tired and overwhelmed yourself.

"Taking time for yourself is important, you can't be your best self if you are tired." Tom, 17

"Disconnecting from our busy lives can be very helpful to our minds." James, 17

