

SELF CARE ↷ INTENTIONS

Practicing self-care means taking an active role in preserving your health, happiness, and well-being. Self-care can look different for everyone! Sometimes this means engaging in relaxation or doing the hard work necessary for self-improvement. Everyone has different self-care activities they use to help decrease stress.

What self-care activities do you enjoy?

Examples: cooking, hanging out with friends, exercising



Which activities can you do in...



5 minutes or less?

30 minutes or less?



60 minutes or less?

