

SELF-CARE



IN 10 MINUTES

1 GET OUT

Take a walk around the block; you may benefit from a change of scenery.

2 PHONE A FRIEND

Call a friend to plan something enjoyable or simply chat - choose someone whose company energizes you.



3 LAUGHING

To lighten your mood, take time to watch something humorous that makes you laugh out loud

4 FREE FLOW

To reduce stress, try free-writing for 5 minutes to clear your mind and get thoughts out on paper.

5 BREATHING

There is power in breathing techniques. It helps us to remain under control.

