

Self-Care Routine



I've got this!

Maintaining my mental health, by caring for my:

- **PHYSICAL HEALTH** - regularly sleep, shower, drink water, eat, stretch, engage in physical activity ...
- **EMOTIONAL HEALTH** - engage in meaningful, reflective, calming, and enjoyable activities ...
- **SOCIAL HEALTH** - connect with others - call, video-chat, game, write, join virtual events, reach out ...

	1	2	3	4	5	6	7
PHYSICAL							
EMOTIONAL							
SOCIAL							

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