

# Body & Mind Self-care

This can look different depending on who you are and what needs you must meet.

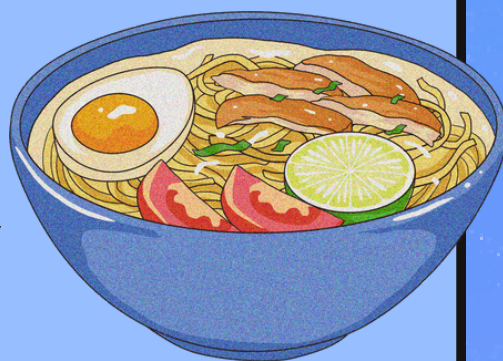


Practice  
mindfulness

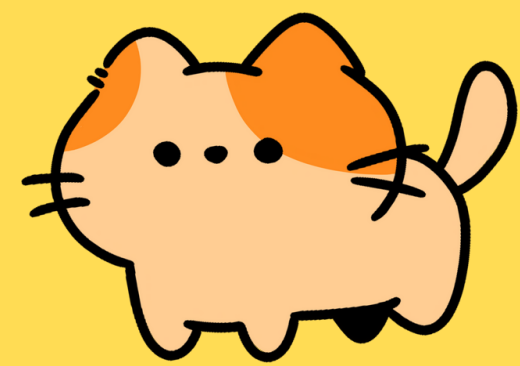


Clean  
your room

Eat foods that  
make you happy



Spend time  
with pets



Establish a daily  
routine

