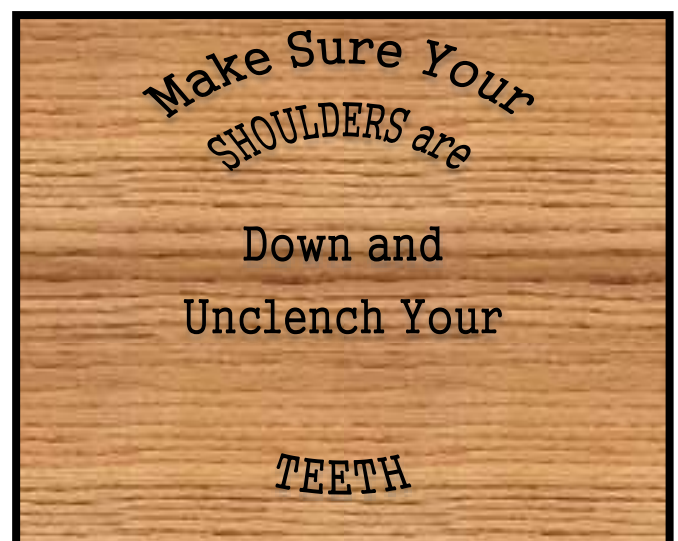




# Self-Care Reminders

- Cut these out
- Stick them Anywhere you Need to Remind Yourself to Practice Self-Care
- Practice Self-Care Every Day!!



*Do Something  
Nice for Yourself  
Today!*

Take a Break Every  
Hour or so to do  
Some  
**STRETCHES**

It is about the Little  
Things!  
Stop and Take Notice

How Much Water Have  
You Had to Drink Today?  
Stay Hydrated

Love Yourself! Go  
for a Walk, a Hike,  
a Run, Take a Deep  
Breath and Smile!

Your Body and  
Mind are  
Connected...Take  
Care of Both