

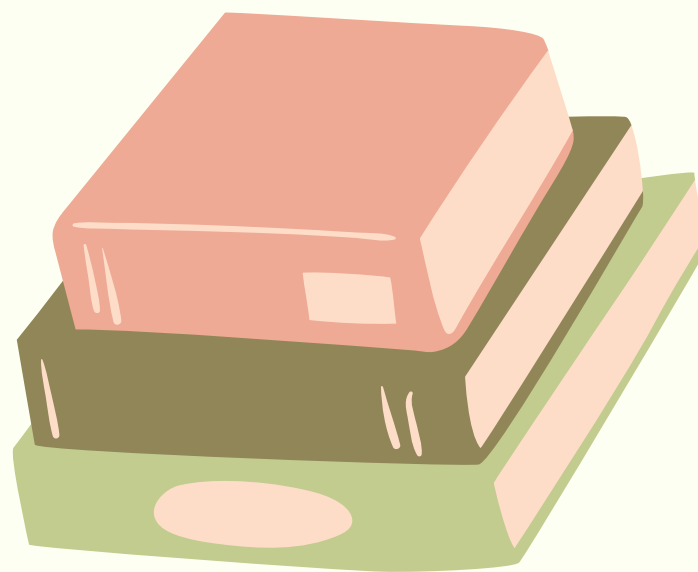
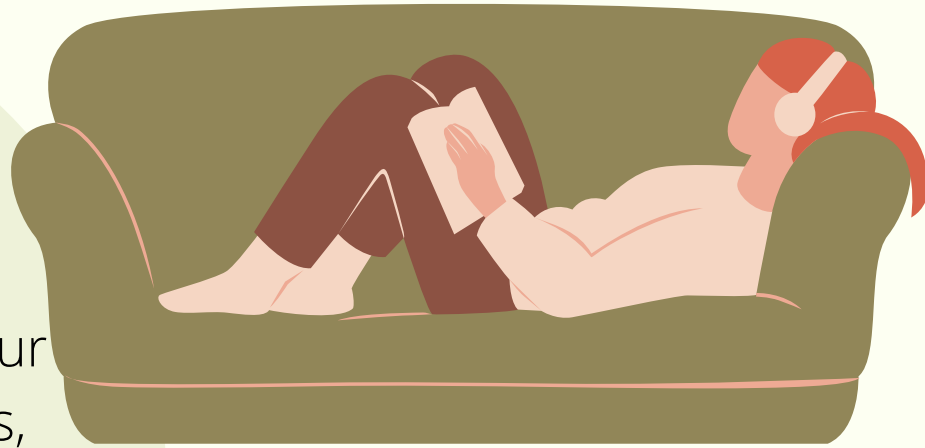
Self Care for Students

SELF CARE IS WHEN YOU TAKE TIME TO DO THINGS THAT MAKE YOUR MIND AND BODY FEEL CALM, RELAXED AND HAPPY. WHEN YOU FEEL CALM, YOU ARE ABLE TO DEAL WITH STRESS AND OTHER FEELINGS IN A HEALTHY MANNER. HERE ARE SOME WAYS TO PRACTICE SELF CARE!

1

Take a Break

You likely have a lot going on in your life between school, sports, chores, and homework. Try to take a little break at least once a day to calm your mind and relax!



2

Do Your Favourite Things

When we get really busy, we sometimes don't have time for our favourite activities. You can practice self care by setting time aside to do activities that make you happy!



3

Be Around People You Enjoy

To practice self care, surround yourself with people who put you in a good mood! Self care also means trying to stay away from people who stress us out or cause us to feel anxious or upset.



5

Take Care of Your Body

A healthy body can help keep a healthy mind! The healthier you are, the easier it will be to cope with stress and manage big feelings. You can take care of your body (and mind!) by exercising, getting enough sleep and eating healthy.

4

Share Your Feelings

Sharing your feelings with someone that you trust can help make you feel happier and better able to cope with any stress you may have. If you don't have anyone to share your feelings with, you can always talk to the MHCB member at your school!

SELF CARE IS KEY TO A HEALTHY MIND!