

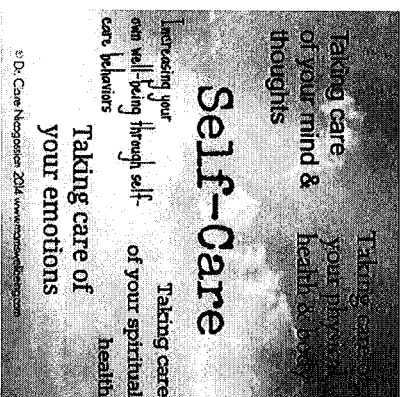
## Self-Care Corner

### 12 STEPS FOR SELF-CARE

1. If it feels wrong, don't do it
2. Say exactly what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on you dreams
7. Don't be afraid to say no
8. Don't be afraid to say yes

9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama and negativity
12. LOVE

13. Reaching out and asking for help is also self-care.



**For More Information on Self-Care check out:**

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>