Self-Care Corner

12 STEPS FOR SELF-CARE

1. If it feels wrong, don't do it

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

- 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
- Don't he official to constitute
- 8. Don't be afraid to say yes

Be kind to yourself

- 10. Let go of what you can't control
- 11. Stay away from drama and negativity
- TO. Dee 80 of what you call thousand

Taking care your photo of your mind & health as bound thoughts

Self-Care

Increasing your of your spiritual care belowers

Taking care of health

Taking care of

For More Information on Self-Care check out:

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your emotions

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

12. LOVE