



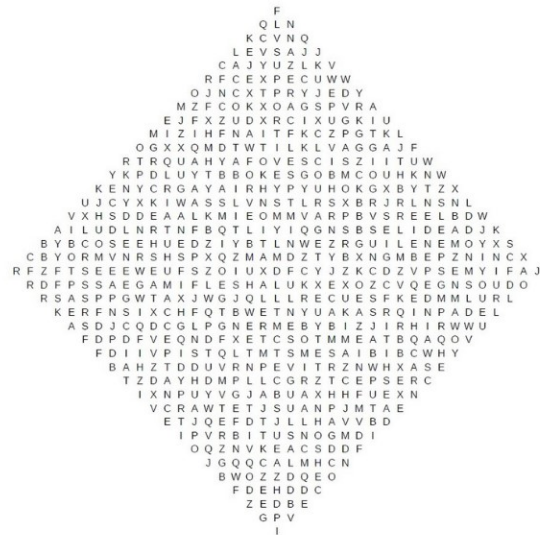
TIPS FOR SELF CARE DURING A PANDEMIC

- Making time for self-reflection, rest and relaxation, which are essential for mental and physical health.
- Staying connected with our friends, family, colleagues and support systems.
- Avoiding burnout and overwork.
- Setting appropriate boundaries with work, family and media.
- Giving yourself permission to feel your feelings.
- Engaging in social justice work that is important to you.

Your
Health
MATTERS!!



Self Care Word Puzzle



WORD LIST:

ACCEPTANCE	HUMBLE	PLAN	SOCIAL
ACCOUNTABILITY	HYGIENE	RELAXATION	SUPPORTIVE
AWARENESS	INDEPENDENT	RESPECT	TRUSTING
CALM	LOVE	SELF-CARE	VALUE
CONFIDENCE	MANAGEMENT	SELF-IMAGE	
COURAGE	MEMORY	SHOWER	
FOCUS	MINDFULNESS	SLEEP	