

# TIPS FOR CARING FOR YOURSELF

## *Ask yourself: "How am I feeling right now?"*

- Acknowledge your feelings—strong, subtle, or none at all.
- Feelings can change often.
- Energy will ebb and flow.
- It's okay, an necessary, to take a break.

## *Tend & connect:*

- Tend to your nervous system:
  - Take deep breaths
  - Notice your feet on the floor
  - Look around or outside
- Tend to your body:
  - Have a snack
  - Drink water
  - Stretch and move
- Connect:
  - Reach out to your support system
  - Spend time with those who care about you

## *Allow:*

- Limit exposure—step away when overwhelmed.
- Choose uplifting content: music, shows, movies, posts etc. that make you smile.
- Make time for activities just for you.
- Notice and savor moments of okay-ness.