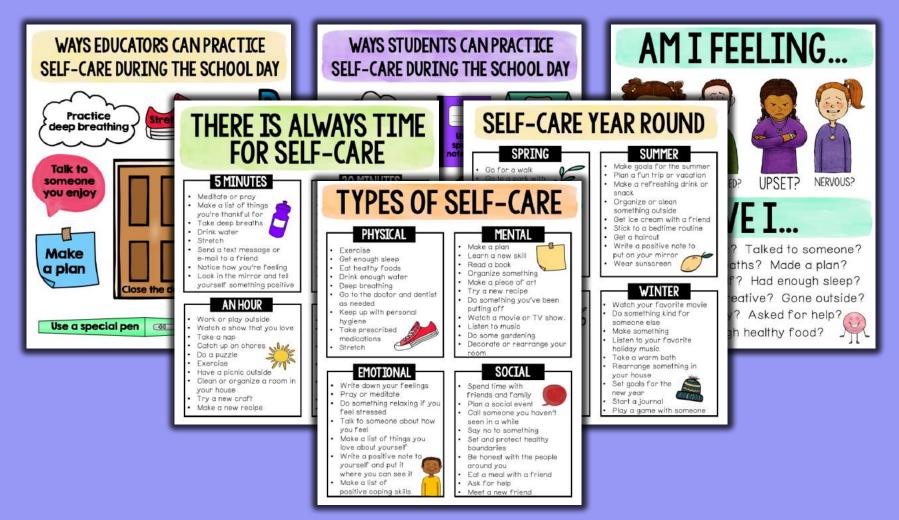
INCLUDES 6 HANDOUTS WITH IDEAS FOR PRACTICING SELF-CARE



INCLUDES 5 HANDOUTS TO HELP WITH ESTABLISHING SELF-CARE RHYTHMS



I can do

this.

l am

loved.

can do

hard

things.

Don't use TV to fall asleep.

10 Turn push notifications off.

Find a hobby that doesn't involve technology

THESE HANDOUTS ALSO COME IN BLACK AND WHITE, AND ARE PERFECT FOR:

- Using with students, parents or teachers at your school who are looking for support with self-care
- Giving during professional development at your school focused on self-care
- Keeping copies in your office or classroom for parents, staff and students
- Displaying the handouts in your office or classroom
- Creating a self-care bulletin board using these handouts
- Sending out e-mails to staff at your school with these handouts to encourage wellness and self-care

Please note that is a violation of Copyright to distribute this resource to anyone who is not a teacher, student or educator at your school or practice.