

# Self-care Takes Courage Activity: Choose your self-care priorities!



Be in nature,  
Get Sun



Be Active



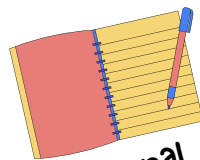
Drink Water



Sleep and  
Rest



Quiet Time



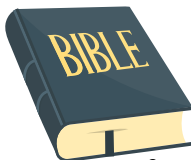
Journal



Relax with  
an app



Make "I"  
Statements



Prayer

Faith  
Hope  
Love

Seek God



See Friends



Eat well



Be Creative



Declutter



unplug



With Patience



Practice  
Affirmations



Get Help



Set  
Boundaries

