Self Care

Here are realistic self-care ideas you can do every day without feeling overwhelmed

Step outside for fresh air—even if it's just for a few minutes

Eat a nourishing breakfast (even if it's just a smoothie, fruit or a breakfast bar)

Do a 1-minute breathing exercise when feeling stressed

Listen to your favorite song, audiobook or podcast for a mood boost

Say one positive affirmation (e.g., "I am doing my best today."

Take a 5-minute screen break to rest your eyes & mind